ROASTED STUFFED TURKEY BREAST NOT JUST FOR THE HOLIDAYS {page 18}

COSY CRUISES SMALLER SHIPS CREATE AN INTIMATE EXPERIENCE {page 14}

BABY BLING BEYONCÉ AND JAY-Z SPLASH THE CASH FOR NEWBORN {page 13}

OTTAWA metro®

Wednesday, January 11, 2012
www.metronews.ca

News worth sharing.

JEFF CHIU/THE ASSOCIATED PRESS

▶ Oakland police officer Huy Nguyen shows a video camera worn by some officers in Oakland, Calif., in this June 16, 2011, photo.

Privacy concerns raised over police body cameras

Ottawa Police Association, Defence Counsel Association of Ottawa among supporters of police using body-worn cameras They are currently used in the U.S. and have been tested in Canada

JESSICA SMITH
@METRONEWS.CA

Ontario's privacy commissioner has a message for Ottawa about police body cameras: "Proceed with great caution."

Equipping police with body cameras, recently called for by the Ottawa Police Association and others, raises serious privacy concerns, said Dr. Ann Cavoukian, Information and Privacy Commissioner of Ontario.

Cavoukian wouldn't dismiss using the cameras outright, but warned of "broad surveillance of the state on its citizens without just cause."

If they are used, it should be under limited circumstances, such as major public events or protests, she said, adding that there should be visible notice to the public that they are being filmed, including signs at events or on the police officers themselves.

"I want to ensure that if this goes forward, that there is a very sharp justification of the scenarios in which it is contemplated," she said.

The argument that body cameras would benefit people who may be mistreated by police does not hold when police can turn them off, but if they run constantly, the surveillance of the public would be too broad, she said.

Police in Victoria, B.C. tested the cameras in 2009 and found that the people officers dealt with behaved better when they knew they were being filmed, said Victoria police Const. Mike Russell.

"I react with enormous concern if we are going to transform a law-enforcement community into a surveillance community."
DR. ANN CAVOUKIAN

The cameras were particularly helpful for impaired driving charges and during the court process, he said.

"You can hit play on the video and watch the person get out of the car and fall on their face," he said. "Writing that and seeing that are two different things."

The VicPD found the trial was successful, but is not using the videos because of the costs, he said.

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1 news

Hatchet Job of the Year awards honour the fine art of the merciless book review. Scan the code for the story.

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On the web at metronews.ca

A Polish military official explains why he ended a press conference with a failed suicide attempt. More at metronews.ca/video

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Bear. Hug for youth

▶ Ottawa police Chief Vern White, right, embraces Dave Smith, founder of the Dave Smith Youth Treatment Centre, after presenting him with a cheque for $2.25 million raised by Project s.t.e.p.

STEVE COLLINS/METRO

Treating addiction, one s.t.e.p. at a time

Project s.t.e.p. raised $2.25 million for a new 30-bed residential addiction-treatment facility in the city's west end. S.t.e.p., which stands for "support, treatment, education, prevention," raises money for substance-abuse education and prevention programs in Ottawa high schools as well as 24-hour residential treatment and counselling facilities.

Police charge 50 people in major Vanier drug bust

◐ Citizen tips helped root out suspects, police say ◐ Arrests mark the end of two-year probe

JOE LOFARO
@METRONEWS.CA

The Ottawa Police Service street-crime unit charged 50 people at the end of a two-year investigation called "Project Voyage" in the Vanier area, police announced Tuesday evening.

Police said 33 men and 17 women face a total of 230 trafficking offences.

So far, 20 people have been arrested while 30 more are being sought by police. Some will appear in court on Wednesday while police issue warrants for the remaining suspects.

Staff Sgt. Kal Ghadban said the Vanier community is to thank for the results of Project Voyage.

"This is a society that has decided to really take their community back and they're calling the police a lot more often now, notifying them of problem addresses, people that are possibly dealing drugs in certain areas."
STAFF SGT. KAL GHADBAN, OTTAWA POLICE SERVICE

Police Chief Vern White also thanked Vanier residents recently for offering similar tips that led to a bust in which officers seized $2.7 million worth of assets, drugs and guns.

In that case, police arrested 22 people, all of whom were part of an organized-crime group that was previously unknown to police.

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ACORN takes on Western Union's fees

The group plans to send a petition to Western Union demanding they cap fees A 5 % cut in remittance fees would free $16B globally: World Bank

STEVE COLLINS/FOR METRO

▶ Tahir Nazari says he's fed up with paying steep fees to send money to his family in Afghanistan.

STEVE COLLINS
OTTAWA@METRONEWS.CA

Ottawa ACORN picketed a downtown payday loan outlet to protest what they say are excessive fees companies like Western Union charge immigrants to send money back to their home countries.

In order to send $106 to his brother and sister in Afghanistan, Tahir Nazari said he had to pay a $13 fee, a bite of about 12 per cent.

"I think it is not fair," he said.

Western Union spokesman Daniel Diaz said sending is cheaper than it used to be, because increased competition and other factors have actually driven their fees down in past decade.

"We take pride in offering consumers excellent value for their dollar," he said. "This does not always mean that we are the lowest-priced service provider."

"They can do anything they want and they don't have to justify it because nothing is regulated, and we're trying to get regulation."
MICHELLE WALROND, ACORN

While there are many other options for transferring money internationally, ACORN says Western Union, which is heavily advertised, is the most accessible for people who are not familiar with the banking system, and in some parts of the world it is the only local option available.

Former MP Jean Pigott dead at 87

CONTRIBUTED

▶ Jean Pigott

Flags flew at half-mast at city hall in honour of Jean Pigott, the prominent executive, parliamentarian and National Capital Commission (NCC) chairwoman who died early Tuesday morning at Grace Manor. She was 87.

Under Pigott's leadership in the 1980s, the NCC took over responsibility for the capital's official residences, established Confederation Boulevard and ramped up annual events like Winterlude, said Russell Mills, the NCC's current chair.

"She had quite an impact on the NCC in making it more effective and building a capital for Canadians," Mills said.

A shared joke between them, Mills recalled, was the time they worked together organizing a benefit concert and managed to get kicked out of B.B. King's dressing room — twice, by two different bodyguards. On their second trip out the door, they finally met the legendary bluesman.

Nepean-Carleton MPP Lisa McLeod remembered Pigott as an inspiration and a mentor who supported her initial run for office despite lukewarm support from Progressive Conservative officials.

"The fact that a woman like Jean Pigott could believe in me meant more to me than I could ever explain in words," she said. "She was a great human being, she was a giant and she was a trailblazer."

STEVE COLLINS

FIRE STATION 47

Barrhaven gets new fire station

Residents in the Barrhaven South area will have a bit more peace of mind now that they have a new 12,250-square-foot fire station, which opened nearby, Mayor Jim Watson said Tuesday.

Fire Station 47 is a three-bay facility located near Greenbank and Cambrian Roads and is the result of a $9.2-million investment by the city.

The building features reduced energy consumption and water usage, improved heating and cooling capacities, and green materials used during construction.

JOE LOFARO

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CONTRIBUTED

▶ A composite image of a Lego man made up to look like Prime Minister Stephen Harper next to a photo of the prime minister was posted to Kijiji.

Lego of my Harper boytoy

Little work required to turn Lego man into Harper, just a touch of 'battleship grey' for hair: Civil servant

JOE LOFARO
@METRONEWS.CA

From the subtle smirk to the stiff posture and signature Harper coiffure, an Ottawa man's Lego creation for sale on Kijiji bears a striking resemblance to Prime Minister Stephen Harper.

Ian, a public servant who did not want his last name published, built the miniature Harper figure while playing with his two daughters' toys and decided to post the ad on Friday.

"I think if (Harper) saw it was something for charity, he would get a kick out of it. It's more entertainment than a political statement."
IAN, ANONYMOUS CIVIL SERVANT

The toy has a $50 price tag. Ian said that if it sells he will donate the money to a local charity, probably the Ottawa Food Bank.

The goal of his experiment is to raise money for charity and give people a laugh.

"If people read more into it than what is there, I could see how they might, but it's really not intended," he said

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Ottawa man in Congo given passport back, brother says

Local student one of many arrested after contested election

SERGE BOMBIA

▶ Fabien Shambuyi Kalala is seen in a provided photo.

JOE LOFARO
@METRONEWS.CA

University of Ottawa student Fabien Shambuyi Kalala, who was arrested and released from a Congolese prison last month, has received his passport and is able to come home, his brother said in Ottawa on Tuesday.

Kalala, 24, was arrested Dec. 21 for allegedly insulting Congo's police chief General Charles Bisengimana, but was later released on New Year's Eve.

"Now he got his passport so it's good," said Kalala's brother Joel Mumlumba Cimankinda. "I'm so happy."

It is still unknown, however, when Kalala will be able to return to Ottawa.

Kalala travelled to Kinshasa, the capital city of Congo, to volunteer on opposition politician Etienne Tshisekedi's election campaign against incumbent President Joseph Kabila for the presidency.

Kabila was sworn in on Dec. 20, but Tshisekedi does not accept the result and international observers have called the election flawed.

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Four dead in northern Ontario airplane crash

Plane caught fire after crashing, safety board rep says

ELISHA DACEY
@METRONEWS.CA
METRO CANADA IN WINNIPEG

Four people are dead and one was airlifted to hospital after a Winnipeg Keystone Air flight carrying five people crashed in northern Ontario Tuesday morning.

Peter Hildebrand, regional operations manager for the Transportation Safety Board of Canada, confirmed three passengers and the pilot perished when the lightweight Piper PA 31 plane slammed onto North Spirit Lake, nearly a kilometre from the airport at North Spirit Lake reserve.

The crash happened just after 10 a.m., said Hildebrand, adding it was his understanding the plane caught fire after crashing.

A person reached at the Thunder Bay Aboriginal Strategies Inc. office, speaking on condition of anonymity, confirmed two of its employees, Colette Eisinger and Ben Van Hoek, died in the crash. No one answered the phone at ASI's downtown Winnipeg office.

A North Spirit Lake resident by the name of Martha Campbell also died. The name of the pilot and the name of the male survivor have not been released.

Band councillor Maggie Kakegamic said the lone survivor is a friend of hers, but didn't know the extent of his injuries or his prognosis.

"I went and saw him. He said, 'I'll be OK.' I hope he is. He's one of our workers. They're monitoring him right now."

George Riopka, spokesman for Keystone Air Service, said details were sketchy. It was too soon to know whether the crash was caused by mechanical failure, he said.

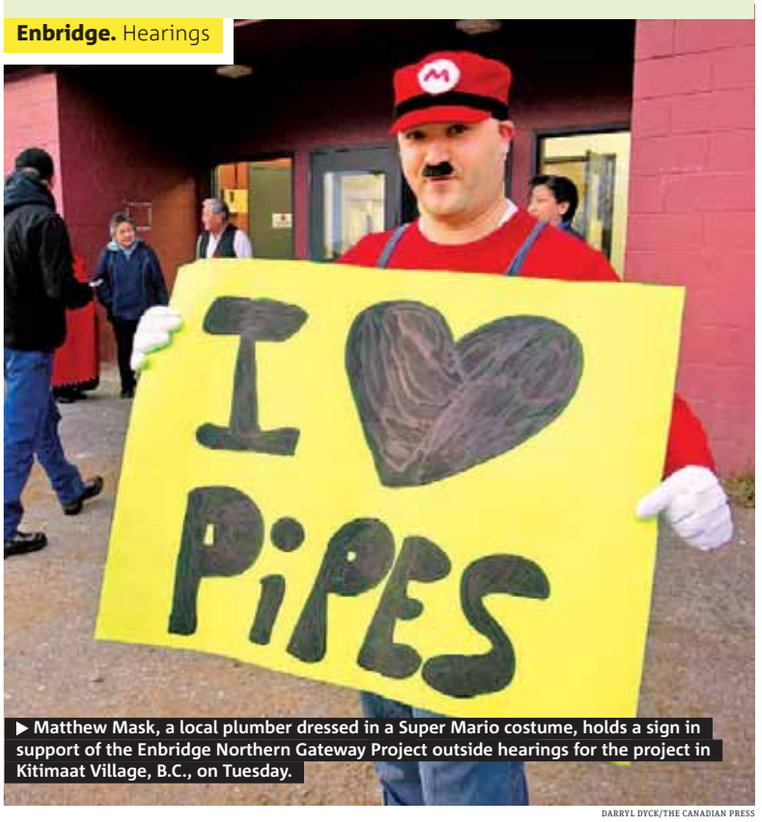
Witnesses said the plane was trying to land during a severe snowstorm, but Riopka said there was nothing to indicate the weather was poor.

Hildebrand said the board will have more information Wednesday. Access to the reserve is available only by winter roads and plane. **WITH FILES FROM THE CANADIAN PRESS**

Fatal flight

- The distance the plane can fly varies depending on the weight it is carrying, but the Transportation Safety Board of Canada said the plane was well within normal flight range.

Enbridge. Hearings



▶ Matthew Mask, a local plumber dressed in a Super Mario costume, holds a sign in support of the Enbridge Northern Gateway Project outside hearings for the project in Kitimaat Village, B.C., on Tuesday.

DARRYL DYCK/THE CANADIAN PRESS

Piping up about the pipeline

Thousands of people have registered to speak at the hearings regarding the proposed $5.5-billion project to pipe Alberta oil 1,200-kilometres across Alberta and British Columbia to the northwest coast community of Kitimat, where the oil will be shipped overseas by oil tankers.

Youths charged in child's shooting on reserve

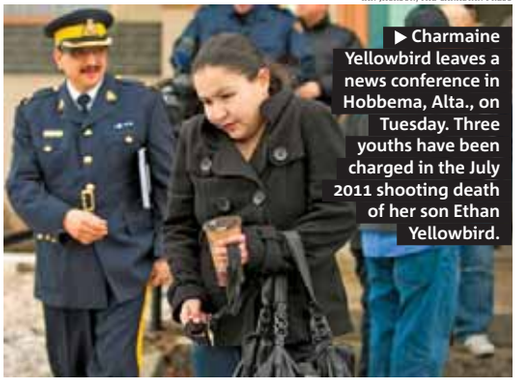
Chief Marvin Yellowbird hopes members of his reserve in central Alberta will keep talking with police so more arrests are made in unsolved crimes, just as they have been in the killing of his five-year-old grandson.

RCMP announced Tuesday they have charged three teenage boys with manslaughter in last summer's fatal shooting of Ethan Yellowbird. The boy was sleeping in his bed when a bullet fired from outside his bedroom wall struck him in the head.

It was the second shooting that day on the Samson Cree reserve, one of four that make up the crime-troubled Hobbema community about an hour's drive south of Edmonton.

The Samson First Nation has struggled with gang violence for years, and the boy's death served as a tipping point of sorts for residents, who were often reluctant to speak out about crimes and their perpetrators.

IAN JACKSON/THE CANADIAN PRESS



▶ Charmaine Yellowbird leaves a news conference in Hobbema, Alta., on Tuesday. Three youths have been charged in the July 2011 shooting death of her son Ethan Yellowbird.

"I can begin my healing journey. My son will always be in my heart and my memory."
STATEMENT WRITTEN BY ETHAN YELLOWBIRD'S MOTHER, CHARMAINE ASHLEY YELLOWBIRD

The chief and the RCMP issued public pleas for people to come forward with information in the case — and they did.

RCMP said two of the accused have appeared in court and a warrant has been issued for the third. He is believed to be in Edmonton or nearby Red Deer.

Investigators would not provide details about the suspected motive for the shooting, but described the three accused as having ties to gangs. About a dozen gangs have been fighting over the drug trade on the reserve over the last few years. **THE CANADIAN PRESS**

Stolen meteorite recovered

A meteorite that landed in Russia in the 1940s and was recently stolen from the University of New Mexico in Albuquerque has been found.

The museum contacted an association of meteorite collectors and a Missouri man responded that he had bought it for $1,700. It's worth between $20,000 and $40,000.

The Meteorite Museum at UNM flew an employee to retrieve the nearly 9.5-kilogram chunk of space. **THE ASSOCIATED PRESS**

Romney wins New Hampshire primary

Mitt Romney won the all-important New Hampshire primary on Tuesday, marching a step closer to his coronation as his party's presidential nominee. **THE CANADIAN PRESS**

ELISE AMENDOLA/THE ASSOCIATED PRESS

▶ Mitt Romney

Woman fired for forging daughter's death certificate

A New York City school employee who forged a daughter's death certificate to get extra vacation time in Costa Rica has since been fired.

Joan Barnett, 58, a parent co-ordinator at the High School of Hospitality and Management, submitted an altered death certificate to get approved leave time in March and April 2010, according to an investigation report. **THE ASSOCIATED PRESS**

LARS HAGBERG/THE CANADIAN PRESS

▶ Tooba Mohammad Yahya and her son Hamed Shafia are escorted to the courtroom at the Frontenac County Courthouse in Kingston on Tuesday.

Theatrical testimony at Shafia murder trial

Yahya claims honour killing is a new concept to her
Crown argues father knew of daughters' boyfriends

A courtroom in Kingston was witness to dramatic legal theatre Tuesday, as a woman accused in a so-called quadruple honour killing was confronted with a video appearing to directly contradict her testimony.

Tooba Yahya, 42, is one of three family members accused of killing her three daughters and her husband's other wife. She is taking the stand in her own defence this week.

The Crown alleges the killings were precipitated by family anger, in particular from patriarch Mohammad Shafia, that daughters Zainab, 19, and Sahar, 17, had boyfriends. The family said that Zainab was forgiven and Shafia didn't know Sahar had a boyfriend until after her death.

He found out, Yahya testified, when cleaning the house on July 5 or 6, 2009, following the deaths on June 30. Shafia found a photo album in Sahar's room containing pictures of her hugging her boyfriend.

So why, Crown attorney Gerard Laarhuis asked Yahya, are there video clips from days earlier showing Shafia thumbing through that same album?

"Sir, if I show my home to you I have tons of albums that are all the same," she replied.

Zainab, Sahar, Geeti, 13, and Rona Amir Mohammad, 52, were found in a car at the bottom of a canal in Kingston on June 30, 2009. THE CANADIAN PRESS

The lie

- **In an interrogation after her arrest,** Yahya told police they were at the scene the night of the deaths. She said all she knew was that she heard a splash, fainted, and woke up later in a motel.
- **She testified Tuesday** that was a lie, made up to protect Hamed by taking the blame herself.
- **She didn't say how she** thought this would help Hamed; in the same interrogation, she also said Hamed was there and may have fainted as well.

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ADRIAN DE KOCK/THE ASSOCIATED PRESS

▶ Thousands of young students and their parents push their way into the gates causing a stampede at the University of Johannesburg on Tuesday.

South African mom crushed to death

Woman dies in crowd during university application frenzy ◐ Thousands vie for as few as 800 entry spots

Women screamed, but the crowd of South Africans desperate for a chance to study kept pushing at the university gate. Tuesday's stampede killed a mother who had accompanied her son to an in-person application day at the Johannesburg campus, and two other people were seriously injured, officials said.

Thousands of young South Africans and their parents had begun gathering at the University of Johannesburg campus on Monday to seek admission. Space was limited, a symptom of a larger crisis in South African education and perhaps contributing to a sense of desperation on Tuesday. Many would-be applicants had only learned they were eligible for further study after getting results from national high school final exams last week, and university classes start next month.

Schools under strain

Across South Africa, universities are under strain as prospective students seek a better life as professionals in a nation beset by high rates of poverty and unemployment. The government hopes to expand universities over the next decade.

Desmond Mlangu, a prospective student, said he witnessed the "traumatizing" scene.

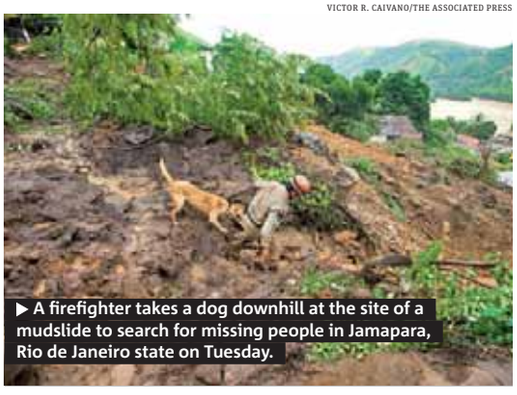
He said those at the back of the crowd did not seem to realize what was happening at the gate.

Tendai Nembidzane, head of the university's student council, said student council members later took the dead woman's son to their campus office to be comforted. Vice chancellor Ihron Rensburg said the man and others affected by the stampede would be offered counselling.

The trouble erupted shortly before the gate was scheduled to open at 8 a.m. Hours later, shoes and other debris were strewn at the site. People remained in line, still seeking to study. **THE ASSOCIATED PRESS**

Brazilian town at risk of more mudslides: Official

VICTOR R. CAIVANO/THE ASSOCIATED PRESS



▶ A firefighter takes a dog downhill at the site of a mudslide to search for missing people in Jamapara, Rio de Janeiro state on Tuesday.

A mudslide caused by two days of downpours has killed at least 13 people in a small town in southeastern Brazil, and another 11 are listed as missing, the head of the Rio de Janeiro state civil defence department said Tuesday.

Sergio Simoes told CBN radio that five bodies were pulled from beneath tons of mud and debris on Tuesday, bringing the death toll in the Jamapara district of Sapucaia city to 13. Eight bodies were found on Monday.

Among the missing are five members of a family whose car was caught in the mudslide as they were trying to get away from the area.

Simoes said mud loosened by the rains swallowed at least nine houses built on the hillside.

"This is a very difficult area, where another mudslide could happen at any moment," he told CBN.

Floods elsewhere in the state have forced more than 30,000 people to flee their homes. **THE ASSOCIATED PRESS**

"I was born and bred in this town and there have been floods every year. But I have never seen a tragedy as big as this one."

ANTONIO MARCOS SILVA DOS REIS, WHO SAID HE LOST SEVERAL FRIENDS IN THE MUDSLIDE

Russia claims space sabotage

Some recent failures of Russian satellites may have been the result of sabotage by foreign forces, the country's space chief said.

Vladimir Popovkin did not accuse a country of disabling satellites, but in an interview in the daily Izvestia he said some craft had suffered "unexplained" malfunctions. **THE ASSOCIATED PRESS**

Former Japan cultist arrested

A woman claiming to have lived with a senior member of the doomsday cult behind the 1995 nerve gas attack on Tokyo's subways turned herself in and was arrested Tuesday for helping him evade police for nearly 17 years. Akemi Saito, also a member of Aum Shinrikyo, gave herself up on New Year's Eve. **THE ASSOCIATED PRESS**

Tsunami warning in Indonesia

A powerful, 7.3-magnitude earthquake hit waters off western Indonesia early Wednesday (local time), prompting officials to briefly issue a tsunami warning. Panicked residents poured into the streets, but there were no immediate reports of injuries or serious damage. **THE ASSOCIATED PRESS**

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If you build it, they may not come: Banks

- Economists warn of overbuilding in condo market
- Demand decline could lead to easing of home prices

The robust Canadian housing sector, especially the booming condo markets in Vancouver and Toronto, could be at risk in 2012, say the heads of some of Canada's biggest banks.

Gordon Nixon, president and CEO at Royal Bank, told a banking conference Tuesday that the Canadian housing market could be headed for a slowdown, led by Vancouver and Toronto.

"When you look at the condo side there is probably vulnerability ... it is the area which is most vulnerable with respect to Canadian housing," he said.

Bank of Montreal president CEO Bill Downe agreed there is a risk of a downturn, saying the best hope is for a soft landing.

"There is no question that the warning signs around the Canadian housing market have been visible for more than a year," he said, also mentioning Toronto and Vancouver.

He said investor-owned properties are a concern because there is a buildup of supply based on investor expectations that there will always be demand. Downe said the hope is that the housing market will plateau and the system will absorb the excess supply built up in those two cities.

Data showed that housing starts rose more than expected in November to more than 200,200 units, with condos in Toronto and the Atlantic region leading the way.

Market moment

PRICES AS OF 5 P.M. TUESDAY

TSX	Dollar
+ 7.394 (12,270.66)	+ 0.57¢ (98.33¢ US)
Oil	**Natural gas**
+ 93¢ US ($102.24 US)	$3.00 US (- 0.9¢ US)
	Gold
	$1,631.50 US (+ $23.40 US)

The influx of multi-unit construction has led some economists to warn of overbuilding, which could leave a glut of unsold homes.

THE CANADIAN PRESS

Consumers cut back on credit: Equifax report

Canadians are paying off more of their credit card debt and borrowing less as they cope with a weaker economy and some restrictions on credit expansion.

The latest national credit trends report from Equifax Canada, released Tuesday, says the average credit card debt fell in 2011 by 3.4 per cent. Despite that improvement and a reduction in consumer bankruptcies last year, overall debt continues to rise — though much more slowly.

Consumers may be heeding warnings from Bank of Canada governor Mark Carney and Finance Minister Jim Flaherty about the perils of taking on too much debt as household debt loads hit record highs last year. THE CANADIAN PRESS

150% Household debt-to-income levels sits at an historic 150 per cent.

NEED COOL DESIGN TIPS?
Read metrohome every Thursday.

Do you suffer from GRASS allergies?

Kanata Allergy Services, in conjunction with Kingston General Hospital, is looking for people to participate in a study about an investigational drug for grass allergies.

If you sneeze from May to mid-July and have a runny nose and itchy eyes that make you miserable, chances are you suffer from grass allergies. You may be eligible to participate if you are 18 to 65 years of age and have had grass allergy symptoms for at least two years.

Compensation is provided.

For more information, please call Jeanne at 613-599-5700 ext. 23
or email: kanataallergy@gmail.com

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FAT CHANCE FOR MINISTRY OF CHILDHOOD OBESITY

JUST SAYIN' ...

PAUL SULLIVAN
METRO

What's the matter with kids today?

Well, they're fat and getting fatter. According to the Canadian Childhood Obesity Foundation, 26 per cent of the little darlings between the ages of two and 17 are overweight or obese.

In 1978, the number was 15 per cent, so the problem is getting heavier, so to speak.

In case you're not clear on the terms, overweight is fat and obese is fatter.

So now that Canadian parents are raising a generation of porkers, what do we do about it?

Well, we don't do anything. Instead we demand that the government do something. It's the Canadian way.

"An Ipsos Reid poll published this week shows that a big fat majority of Canadians want the government to: pass a law requiring fast food restaurants to list calories, fat and sugar content on their menus ..."

An Ipsos Reid poll published this week shows that a big fat majority of Canadians want the government to: pass a law requiring fast-food restaurants to list calories, fat and sugar content on their menus (90 per cent); restrict the marketing of high fat, sugar and salt content foods to children (80 per cent plus) or ban it altogether (two-thirds).

And they want "resources" to help parents and children become active and healthy. I guess the 52 million plus results on Google aren't enough.

Let me help. You go to Google, type in "childhood obesity in Canada" and the first thing that comes up is the Childhood Obesity Foundation website, and on every page — you can't miss it — is the solution, called Four Simple Steps: Five fruits and vegetables a day,; two hours of screen time or less per day; one hour of physical activity a day; zero sugar-sweetened beverages per day.

That's it. No need for government "resources" (code word for money); no need for a Ministry of Childhood Obesity overstuffed with civil servants telling you and your kids how to eat.

It's time to go on a government diet. Instead of looking for a Super Nanny State to take care of your kids, just follow the Four Simple Steps. I guarantee that if every kid follows the plan, there will be no childhood obesity.

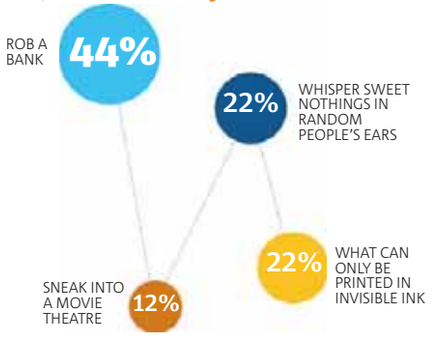
Of course, the real problem is sitting on the couch reading this column. Almost 60 per cent of Canadian adults are overweight or obese (Remember? Fat and fatter?) It's do as I say, not do as I do, and you know where that gets you.

I'm no better than you are. My own kids are still recovering from a fast-food childhood. Not to mention their parents. But, really, it's time to stop looking for scapegoats and "resources." As that skinny Euro guy on the bank commercials might say: Save your kids.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Register at metropolitanpanel.ca and take the quick poll

If you could be invisible for five whole minutes, what would you do?



Local tweets

- **@kira_isabella:** When you drop your phone in the snow! Well, slush here in Ottawa #canadianprobz
- **@MarisaCrockett:** $1 = 3 minute massage in Ottawa airport: totally worth it
- **@socialkeenan:** So I'm going to the Van Halen concert. And here I thought I missed my last chance about 20 years ago! #ottawa #rockon
- **@maddygreco:** One day in Ottawa and my Uggs are ruined
- **@terminator_456:** Enjoying my first experience at Ottawa U great gym new friends but why is line to get Upass taking over an hour ? Whack
- **@KenLancastle:** The problem with this weather in #Ottawa is that I keep expecting the golf courses to open in a few weeks.
- **@alive_to_strive:** Registration is now open for the 2012 Alive to Strive Race. See you there! #running #ottawa #fitness http://t.co/Lt43NhGn

LAURA-CHASE MCGEHEE/THE ANNAPOLIS CAPITAL/THE ASSOCIATED PRESS PHOTOS

Daily Zoom

A case of Curious George

Stomach of (stainless) steel

An X-ray from a veterinary hospital shows a spoon lodged in Vincent's stomach. THE ASSOCIATED PRESS

This dog is a spoonful

Vincent, a nine-year-old Labrador retriever, holds a spoon in his mouth at his home in Annapolis, Md. The dog recently underwent surgery to have the utensil removed from his stomach.

THE ASSOCIATED PRESS

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Good box office vibes

Marky Mark is making bank with his films Though he's not likely to get critical acclaim

IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA

"I've always looked at my career as an athlete would look at his," said Mark Wahlberg, star of this weekend's thriller Contraband. "I won't play forever. Some don't know when to walk away, but the smart ones do."

Wahlberg has proven himself to be one of the smart ones. In a career that dates back 20 years, he has moved from strength to strength.

His first taste of success came as the titular lead rapper of Marky Mark and the Funky Bunch. Their 1991 hit Good Vibrations was a highpoint, but just two years later, Wahlberg walked away, leaving the Funky Bunch to fend for themselves.

Streamlining the Marky Mark moniker to his birth name, he took on his first role in front of the camera (that is if you don't count his short lived career as an underwear model for Calvin Klein). Roles in The Basketball Diaries (opposite his future The Departed star Leonardo DiCaprio) and Fear, where he played what one writer called "a teenaged Travis Bickle" got him notice, but it was Boogie Nights that made him a movie star.

The role of Dirk Diggler, a naïve man with physical charms sucked into the dark underbelly of the 1970s Californian porn industry, showed his range (among other things) but he wasn't the first choice for the role. DiCaprio was offered the part but turned it down because he was already committed to Titanic. He suggested his Basketball Diaries co-star Wahlberg.

The movie was a hit, but a certain prosthetic got almost as much attention as Wahlberg's performance. He still has the 13-inch rubber prop, which he keeps in a safe at his mother's home, otherwise, he says, "mom would… put it on the end of her Dustbuster thinking it came with the vacuum cleaner."

Since then Three Kings, The Perfect Storm, The Italian Job, Shooter, We Own the Night, Planet of the Apes and Four Brothers have all been box office hits. His work in The Departed brought him the best notices of his career to date plus an Oscar nomination and The Fighter (which he also produced) was an artistic triumph.

Despite all the spot-on choices, like many actors he's turned down some important roles. Can you imagine him in Brokeback Mountain? That part went to Jake Gyllenhaal, who earned an Oscar nod.

GETTY IMAGES

▶ Mark Wahlberg continues to make financial successes, while turning down more important roles.

2 scene

Mad Men

Mad Men last aired a new episode in Oct. 2010. But relief is in sight, according to its star, Jon Hamm. Hamm revealed on a podcast last week that the premiere of the fifth season is Mar. 25.

THE ASSOCIATED PRESS

Coachella festival announces headliners Radiohead, The Black Keys and Dr. Dre with Snoop Dogg

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COURTESY OF EONE FILMS

'HE WAS ROBUST AND HAD A GREAT APPETITE FOR LIFE'

In critically acclaimed A Dangerous Method, Viggo Mortensen plays the creator of psychotherapy — Sigmund Freud. The 53-year-old star chatted to Metro Sweden.

Playing Freud

▶ Viggo Mortensen

How did you prepare for the role? Well, I was probably an unusual choice for most people. I even thought so myself when David (Cronenberg) proposed it. Just because, physically, it was a bit of a stretch. But once I figured out how to do it and got comfortable with it, not just the physical side but also the way he spoke and his sense of humour, I could put some irony in his tone. I read everything I could get my hands on about how he moved and spoke. Then the cliché image of him that I had of an old, thin man with white hair went out the window. In his 50s, before he had cancer, he was robust and had a great appetite for life. He avoided on purpose talking over people's heads, and was very entertaining and generous and included his listeners, even when introducing a new revolutionary idea. He wasn't just polite but also very clever. ● EMMA BJÖRKMAN

COURTESY OF EONE FILMS

▶ On the job: Canadian director David Cronenberg.

Dangerously different

A Dangerous Method, the new film from director David Cronenberg, is a tricky one to categorize

RICHARD CROUSE
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

"It's sort of a love story," he says. "It really is a triangle, but it has so much other stuff going on. I don't even feel the need, myself, to characterize it, because to me that is a marketing problem, not a creative problem."

The movie vividly recreates Sigmund Freud (Viggo Mortensen), Carl Jung (Michael Fassbender), the birth of psychoanalysis and the wedge a patient-turned-muse-turned-psychoanalyst Sabina Spielrein (Keira Knightley) drove between the two men.

"It's a fantastic story," says Cronenberg, "this sort of intellectual ménage à trois." Based on a true story, the movie is rich with details taken directly from the personal papers of the real-life characters. "For me, it's a process of resurrection," says the director. "I want to bring them back to life as accurately as possible.

"It's pretty accurate in terms of what they said and what they felt," he continues.

"It was an era of copious letter writing and these people were very obsessive about the details of conversation and who said what, and the meaning of very subtle things, so we have very accurate ideas of what they actually said to one another and how they interacted.

"For both actors, this was the grist for our mill."

Jung was "charismatic but very forceful" while Freud, he says, was "handsome, masculine, charming, seductive, charismatic, funny, witty. When you think of it he had to be that kind of charismatic leader to forge this alliance of disparate characters to create the psychoanalytic movement."

To cast these legendary characters, Cronenberg used his always-unerring eye. Michael Fassbender (a likely Oscar nominee this year for his work in Shame) plays Jung as self-possessed and clinical.

But, as Cronenberg points out, he also portrays the complete devastation of a man who was emotionally distant. "I love that aspect of Michael's performance," he says.

A Dangerous Method also sees the director reconnect with his frequent collaborator Viggo Mortensen.

"Casting Viggo is not what you would expect," he says. "Viggo Mortensen and Freud is not the most obvious casting choice, but we thought we were delivering the real Freud and in truth he was unusual in his time."

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Lifestyles of rich and famous: infant edition

Jay-Z and Beyoncé splash the cash for their new born baby Blue Ivy Carter

ALL PHOTOS GETTY IMAGES

'Money ain't a thang' for Jay-Z and Beyoncé's new child.

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Let's spend our time together this morning checking in on America's version of a royal birth, shall we? I speak, of course, about Blue Ivy Carter, who, according to a press release from her two very famous parents, had a very "emotional and extremely peaceful" birth. And, per the release, came into the world "naturally" (no C-section).

You hear that? Not only was the birth peaceful, it was "extremely" so, meaning that Beyoncé does not vomit or poop herself while bringing life into this world. I doubt she even grimaced or cursed, she is that perfect.

Another perfect thing? This baby's bling lifestyle. Beyoncé and Jay-Z reportedly spent $1.5 million on designer toys and nursery furnishings for the newborn.

"Jay-Z bought Beyoncé a solid gold handmade Ginza Tanaka rocking horse for $600,000. They've even splashed out on a $30,000 magical windmill playhouse for the garden and a mini Bugatti car, too," a source tells Britain's Star magazine. "They've bought a wardrobe packed with thousands of dollars' worth of one-off designer baby clothes."

Other items reportedly include a Swarovski crystal-encrusted high-chair, a chic lucite crib and gold and diamond rattles from Tiffany & Co.

Since the source of this story is Star magazine, let's take this with a grain of salt.

But, really, a high chair covered in crystals?

That has to cause some major diaper rash.

Talking points

Snoop Dogg busted for pot possession

IN OTHER NEWS, SKY STILL BLUE. Snoop Dogg was arrested for marijuana possession in Texas when a police dog sniffed out some weed on his tour bus recently, according to TMZ.

Law enforcement officials say the discovery came during a routine border patrol stop in Sierra Blanca and that the rapper was issued a citation for misdemeanor drug possession and released.

Snoop has a prescription for marijuana in California, but that might not mean much in Texas.

If he's convicted on the drug charge, he could face up to 180 days in jail. METRO

Perry bails on People's Choice

BETTER THINGS TO DO Katy Perry was set to take part in the People's Choice Awards Wednesday, her first public appearance since husband Russell Brand filed for divorce, but now she's skipping out on the show.

"Unfortunately I will not be able to attend the People's Choice Awards," Perry posted to Twitter. "I want to thank you all for voting for me. Fingers crossed!" METRO

Celebrity tweets

"Yes, sometimes celebrities don't wear make up. Shocking, I know. But we can get through this."
@evanrachelwood

"When u don't get a reply on ur text but u see him tweeting #Classy"
@ChloeGMoretz

"Dear tangled headphones in my pocket. You are making me look stupid. Now pull yourself together."
@1jamiebell

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CENTRAL

3 life

Travel in brief

Penticton, B.C. is one of the 10 best places in the world to visit, according to a survey of Facebook users by the on-line publication The Huffington Post. The publication says it analyzed more than 200 million comments and other travel references on the social network site to come up with the list. The article says Penticton — nestled in the Okanagan Valley about a five hour drive east of Vancouver — is becoming a year-round vacation hot spot with its beautiful beaches, a burgeoning wine industry and many outdoor activities. Eric Sorensen, chair of the Penticton Business Development Group, calls the ranking a "huge coup" for his city.

THE CANADIAN PRESS

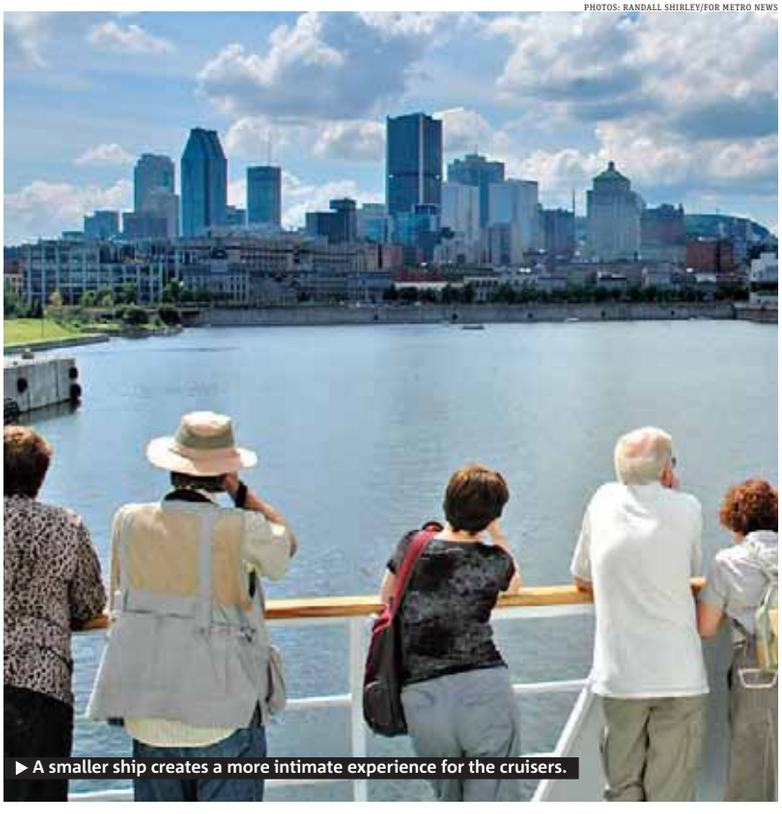
Indiana trumpets 46 'super' sandwiches for competition catering to Super Bowl fans

Cruising In style

Forget those giant city ships that can carry more than 6,000 cruisers
Premium cruise lines offer a luxury experience, complete with a butler

RANDALL SHIRLEY
LIFE@METRONEWS.CA

PHOTOS: RANDALL SHIRLEY/FOR METRO NEWS



▶ A smaller ship creates a more intimate experience for the cruisers.

It's remarkable to watch an active volcano from the deck of a cruise ship in the middle of the night — especially in Europe.

The experience was not on our original itinerary, but it's the kind of unusual experience Captain Carl Smith loves to find and share with passengers onboard the Azamara Quest.

The deck lights are turned off, and passengers line the ship's decks to watch in awe as Italy's Mount Stromboli spews orange lava into the sky.

"I love my job!" Smith tells his passengers. And it shows; the captain even welcomes passengers to join him for a hike in Kotor, Montenegro — basically a "free" shore excursion. I've never seen any other cruise captain engage with passengers like this.

Cruising on a premium line with smaller ships creates a more intimate experience than the mass-market mega ships (some now carrying more than 6,000 passengers). For a price, passengers of Azamara, Regent Seven Seas, Seabourn, Crystal, and other premium, smaller-ship lines get an upscale experience with added value. The bonuses vary from line to line, but can include such things as airfare, shore excursions, or hotels before or after the cruise.

With a capacity of only about 700 passengers, the Azamara Quest isn't exactly a private yacht, but she's small enough to feel intimate, especially with a ratio of one staff member for two passengers — who are mostly adults on our sailing. Stepping aboard the Quest, my partner remarks that the ship's sophisticated and refined decor reminds him of a Fairmont hotel. The Azamara cruise fare includes basic gratuities. It also includes wine selections with lunch and dinner.

The food is the best I've ever eaten on a ship — good enough to tempt us away from Italy's restaurants and back onboard for dinner. Azamara offers long stays in some ports; with departures as late as 11:00 p.m., it's often possible to dine in port.

Our oversized stateroom (a "Club Continent Suite") includes a large balcony where our butler serves our requested breakfasts. Dining with the Italian coastline in sight is truly a dolce vita experience.

Toward the end of the voyage I hear many fellow passengers dreaming of their next Azamara trip. With a huge variety of ports and itineraries available, we're tempted to do the same.

But it's not just the itineraries that tempt us; it's the intimate feel, refined service and the personality of the crew — from the captain down — that may lure us back on board.

RANDALL SHIRLEY IS A FREELANCE WRITER AND THE EDITOR OF MEETMEONBOARD.COM, WHICH FOCUSES ON GAY CRUISE TRAVEL. HIS RECENT MEDITERRANEAN SAILING WAS COURTESY OF AZAMARA CLUB CRUISES.

Still a classic: The Love Boat itinerary

While the '70s TV series The Love Boat didn't invent cruising, it was a huge visibility boost to the industry.

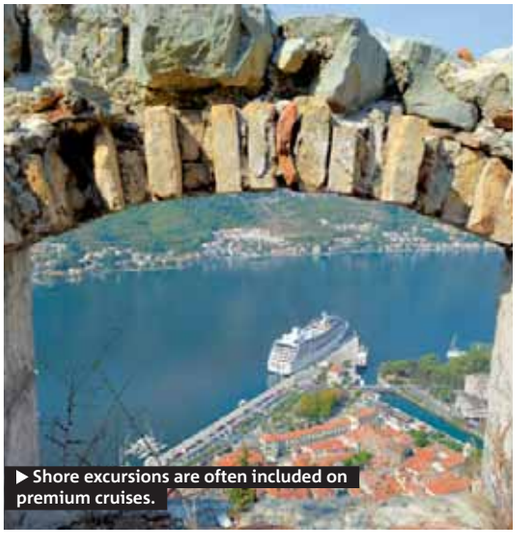
The Pacific Princess isn't making another run to the Mexican Riviera this season, but her sister ship, Sapphire Princess, is. Other lines, including Holland America, Disney and Carnival, offer itineraries starting in L.A. or San Diego, with stops in Puerto Vallarta and Cabo San Lucas. Love Boat port Mazatlan is sometimes included.

It's not likely your cruise director will be as concerned about your love-life as Julie McCoy was, but it's still a pleasant trip and often value-priced.

RANDALL SHIRLEY

If you go...

- **Azamara** azamaraclubcruises.com
- **Regent Seven Seas** rssc.com
- **Seabourn Cruises** seabourn.com
- **Crystal Cruises** crystalcruises.com



▶ Shore excursions are often included on premium cruises.

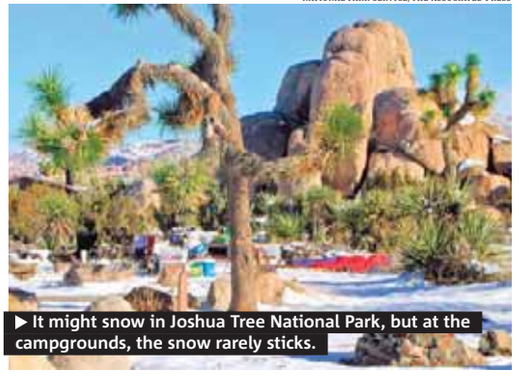
It's winter, Go camp

National parks in California offer mild temperatures and no crowds

ERNIE COWAN/THE ASSOCIATED PRESS

▶ Wildflowers start blooming in late February in Anza-Borrego.

NATIONAL PARK SERVICE/THE ASSOCIATED PRESS



▶ It might snow in Joshua Tree National Park, but at the campgrounds, the snow rarely sticks.

In spring and fall, desert camping attracts thousands of tourists in Southern California. Joshua trees curve up out of the dry ground like spiky sculptures, and Mojave rattlesnakes sunbathe on rocks. Temperatures can peak into the triple digits.

In the winter, though, as temperatures drop down to freezing at night, travellers can find great beauty in desert campgrounds, from Joshua Tree National Park, 225 kilometres east of Los Angeles, to Anza-Borrego Desert State Park, about 145 kilometres northeast of San Diego. Wildflowers start blooming in late February in Anza-Borrego, and snow touches down in Joshua Tree. The air remains crisp, the sky blue. Campgrounds tend to be less crowded. Bring down sleeping bags to ward off the chill. Winter desert camping can be cold.

"In day time, in winter, it averages (15 degrees Celsius). That's perfect weather for hiking and rock climbing," said Cynthia LaSala, who oversees Joshua Tree park's campgrounds as a supervisory visitor assistant. "Tent campers prepare for that cold weather at night so they can experience the beautiful days. Part of people wanting to be here during the winter is that there are no crowds. Through December and January, there's hardly anyone here. You can get your choice of a campsite."

Black Rock campground offers hiking the Eureka Peak and Panorama Loop trails. The Black Rock Nature Center is open as well, in addition to three other visitor centres in the park.

"At Black Rock, it will snow three or four times a winter, but it doesn't last. We get flurries that don't stick," added LaSala.

Hidden Valley campground, with its close proximity to rock climbing and the Joshua tree-lined one-mile Hidden Valley Nature Trail, is the most popular campground in the park, said Sue Spearing, an interpretive ranger who works at the park's several visitor centres. As for prepping for desert camping during winter, "we tell people to have adequate sleeping gear, and pads underneath them, so they're not next to the ground," said Spearing.

THE ASSOCIATED PRESS

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My favourite spot in Canada

CATHY JONES: ST. PHILIP'S, NFLD.

My favourite place in Canada is St. Philip's, Nfld.

As a child, it fed my mind and heart with magic. I remember an old wooden bridge where fishermen always stood gutting cod and throwing the heads into the water behind them. It was bloody amazing. Bloody and amazing. The icy water would take ages to get into for a swim, but we'd stay until our lips were blue, townies from St. John's splashing around with mysterious wild Bay children and their funny accents.

Away from the beach, the grass

CH IMAGES/FLICKR

stretched out lazily along a freshwater gully where my mother would sit in the shade painting watercolours, while Dad boiled the kettle on the Coleman stove. We'd climb the hill behind there, sneak up on cattle in fields, and explore the ancient church and graveyard where people with old names like Jedediah and Anselum lay buried.

"Let's GO!"

When we heard that, it was time to pack it up. Sometimes I would cry inconsolably from the heartbreak of leaving.

Going there taught me so much: that the natural world is devastatingly beautiful and cruel, and that life is like a day at the beach: too hot, too cold, too salty, too sweet. And too short altogether.

A CANADIAN COMEDY ICON, CATHY JONES CURRENTLY STARS IN THIS HOUR HAS 22 MINUTES AIRING TUESDAY AT 8:30 P.M. ON CBC TELEVISION (9 P.M. IN ST. PHILIP'S AND OTHER TOWNS IN NEWFOUNDLAND)

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tico.ca

Ibiza's new era

Renowned for its wild ways, the Spanish island of Ibiza doesn't strike many as a place of quiet refuge and gentle reflection

But Nick Boulos gets in a kayak and discovers its secret side

NICK BOULOS
LIFE@METRONEWS.CA

"Kayaking is the perfect way to see the island," said Paolo, my Ibiza guide, as we paddled into yet another absurdly beautiful bay. I looked along the shore for hungover party animals but there wasn't a soul to be seen. Water gently lapped against my kayak, a light but cooling breeze rustled my hair; birds soared overhead, vanishing beyond the plunging cliffs and lush hillsides. It seems the legendary clubbing island has a softer side.

Fast emerging as a destination for those in search of gentle adventure amidst untouched surroundings, Ibiza is slowly re-inventing itself. It's still a home to the world's mega-nightclubs, which have seen DJs like Pete Tong and Carl Cox, not to mention acts like Florence & the Machine and The Streets. But there's life outside the VIP room.

"I gazed out to sea and up at the gleaming clifftop. 'This is one of the most spectacular corners of Ibiza, but hardly anyone ever comes here,' said my guide."

It's possible to kayak any stretch of Ibiza's 210-kilometre shoreline, so Paolo and I had a tough decision to make. We had originally opted for Cala Nova on Ibiza's eastern coast but gusty winds forced us to rethink, and we eventually settled on the dramatic southern shores, home to a string of picturesque lagoons frequented by fisherman rather than bronzed tourists.

We set off from the small pebbled cove of Es Torrent, home to just one nice but overpriced beach bar, and glided east along the craggy shoreline. Sheltered from the open water by Ses Illetes, a collection of rock formations just offshore, there was barely a ripple to be seen. I gazed out to sea and up at the gleaming clifftop mansions belonging to a select few who woke daily to these stunning vistas. The tepid water — a mesmerising shade of jade — was as still as it was clear. Below, clinging to the seabed and swaying in the current, were long strands of Neptune's Grass, a species of seaweed only found in the Med.

The silence was broken by Paolo. "This is one of the most spectacular corners of Ibiza, but hardly anyone ever comes here," he said slowly and quietly. This really was a local hangout, a secret spot to escape the madness of the island. Just keep it to yourself.

3 TOP OUTDOOR EXPERIENCES

WALKING
Download maps at ibiza.travel

- Ibiza is a walker's paradise, with trails across the island. Take the 11-km circular route from Sant Mateu for coastal views and a taste of the countryside dotted with olive groves and farmhouses.

CYCLING

- With more than 20 dedicated biking routes, there's something for every cyclist. The 13-km road from Santa Eulalia to Santa Gertrudis is recommended, while the brave should try the 40-km Cala Sant Vicent route.

KITE SURFING

- Experience the thrill of kite surfing, the latest craze to grip the island.
The northern coast — favoured for its waves and strong winds — is ideal.

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Jamaica $49*
Travel Jan 22 - Jan 29/ts — + taxes & fees $369

Punta Cana $49*
Travel Jan 14 - Jan 21/ts — + taxes & fees $382

Costa Rica $99
Travel Jan 19 - Jan 26/ac — + taxes & fees $251

Cancun $165
Travel Jan 21 - Jan 28/wg — + taxes & fees $352

Airfares

Orlando $7*
Travel Jan 19 - Jan 26/ts — + taxes & fees $293

Fort Lauderdale $19*
Travel Jan 19 - Jan 26/wg — + taxes & fees $282

Vancouver one-way $159
Travel Jan 25/ac — + taxes & fees $77

London $266*
Travel Apr 22 - Apr 30/ts — + taxes & fees $541

Bangkok $439
Travel Jan 25 - Feb 3/jl — + taxes & fees $796

USA

Las Vegas
Air + 3 Nights 4-Star + Cirque du Soleil
$339
Monte Carlo — + taxes & fees $130
INCLUDES luxury accom on the Strip.
BONUS tickets to select Cirque du Soleil or other Las Vegas show included. Departs Feb 26/ggv/dl.

New York City
Valentine's Day Weekend
Air + 2 Nights $419
The Manhattan — + taxes & fees $112
INCLUDES accom in Times Square. Departs Feb 10/ggv/dl. UPGRADE to 4-star W New York for $54 per night. ADD Empire State Building for $22.

Orlando Long Stay
Air + 21 Nights $429
Champions World Resort — + taxes & fees $277
INCLUDES Kissimmee accom near attractions, championship golf and shopping. Departs Jan 27/ggv/ts. ADD 21-day economy car rental for $14 per day.

Honolulu Air + 7 Nights $1089
Ohana Waikiki West — + taxes & fees $161
INCLUDES central accom near Waikiki Beach. Departs Mar 1/wsv/ws. ADD sunset dinner sail for $95.

Cruise

Hawai'i 13-Night Cruise
$599 USD
Celebrity Century — + taxes & fees USD $69
CRUISE Honolulu to Ensenada and visit Honolulu (overnight), Kauai, Maui (overnight), Kona and Hilo. Sails Mar 23/cel.

Vacations

Buenos Aires Air + 7 Nights $1159
Novotel Buenos Aires — + taxes & fees $573
INCLUDES central accom near attractions.
BONUS breakfast included. Departs Feb 6/ggv/co/ua.
UPGRADE to 4-star Melia Buenos Aires for $8 per night. ADD private tango show for $101.

Australia Air + 8 Nights $1759
Hotel George Williams — + taxes & fees $408
INCLUDES airfare to Brisbane and downtown accom. Departs May 12/ggv/qf. UPGRADE to 4.5-star Watermark Hotel for $11 per night.
ADD Tangalooma day cruise for $111.

Cook Islands Air + 13 Nights $2149
Club Raro Resort — + taxes & fees $407
INCLUDES beachfront accom close to the main city shops, restaurants and entertainment. Departs Mar 4/ggv/nz. UPGRADE 4-star Edgewater Spa Resort for $27 per night.

All-inclusive Vacations

Varadero
7 Nights 4-Star
$395
Arenas Doradas C — + taxes & fees $285
Departs Jan 15/swg/wg. UPGRADE to the 5-star Paradisus Princesa Del Mar for $59 per night.

Cancun 7 Nights 4-Star $455
Oasis Cancun — + taxes & fees $352
Departs Jan 13/swg/wg. UPGRADE to the 5-star Azul Fives Hotel for $27 per night

Santo Domingo 7 Nights 4-Star $455*
Be Live Hamaca — + taxes & fees $410
Departs Jan 14/swg/wg.

Santa Lucia 7 Nights 4-Star $497*
Brisas Santa Lucia — + taxes & fees $292
Departs Jan 24/nol/c6.

Panama 7 Nights 4-Star $802*
Royal Decameron Golf, Beach Resort & Villas — + taxes & fees $328
Departs Jan 16/nol/ts.

St Maarten 7 Nights 4.5-Star $1145*
Sonesta Maho Beach — + taxes & fees $340
Departs Jan 15/swg/wg.

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TICO

It's not just for Christmas

The holidays may be over, but this lean meat can be enjoyed at any time of the year Try stuffing and roasting it, or if you still have frozen leftovers, make a gluten-free sandwich

Apple- and sage-stuffed turkey breast is the perfect recipe for smaller family gatherings.

The combination of sweet apples and savoury herbs infuse into the turkey, creating a tender and flavourful experience with every bite.

Serve it with green beans and mashed potatoes for a complete meal.

THE CANADIAN PRESS H/O

This recipe makes two to four servings.

Ingredients:

- 1 turkey breast (1 to 1.5 kg/2 to 3 lb)
- 500 ml (2 cups) cubed bread pieces (crusts trimmed)
- 1 onion chopped
- 2 stalks celery, diced
- 2 apples, peeled, cored and chopped
- 8 freshly chopped sage leaves
- 22 ml (1 1/2 tbsp) freshly chopped thyme, divided
- 2 eggs, beaten
- Salt and pepper, to taste
- 15 ml (1 tbsp) each freshly chopped rosemary and parsley

Preparation:

1. Heat oven to 190 C (375 F).
2. In a large bowl, place bread, onion, celery, apples, sage and 7 ml (1 1/2 tbsp) of the chopped thyme. Mix in eggs, salt and pepper.
3. Place turkey on a cutting board and with a sharp knife cut a deep pocket horizontally, being careful not to cut through the other side. The pocket should be about 6 cm (2 1/2 inches) long and 3.5 cm (1 1/2 inches) deep. Spoon stuffing into turkey breast.
4. Wrap foil around open end of turkey and use butcher's twine to secure turkey, lengthwise and then widthwise. Rub turkey with remaining chopped thyme, rosemary and parsley, salt and pepper and transfer to a roasting pan. Roast turkey for 30 to 40 minutes or until an instant-read thermometer registers 75 C (165 F). Remove from oven and let rest for 10 minutes before slicing.

THE CANADIAN PRESS/ CHEF JOHN CIRILL

Drink of the week

Pear & Cranberry Bellini

- 45 ml (1 1/2 oz) pear nectar or pear puree
- 45 ml (1 1/2 oz) cranberry juice
- Sparkling wine
- Pomegranate seeds, for garnish

In a cocktail shaker, with ice, combine pear nectar and cranberry juice. Shake well to chill. Pour into a Champagne flute, top with sparkling wine and garnish with a sprinkle of pomegranate seeds. Serve immediately. THE ASSOCIATED PRESS/ SENSES.CA

Leftover Turkey Sandwich

Health-conscious foodies can feast on leftover turkey with these sandwiches. Some ingredients for this tasty treat are organic and gluten-free.

Ingredients:

- 1 slice gluten-free bread
- Shredded or sliced turkey meat
- Grated Gruyere cheese
- Organic chicken gravy, heated
- Cracked black pepper, to taste

Preparation:

1. Toast bread on baking sheet and top with turkey meat. Top with grated Gruyere cheese. Bake in a 180 C (350 F) oven for 7 to 9 minutes or until heated through. Remove from oven and pour hot chicken gravy on top. Sprinkle with cracked black pepper.

THE CANADIAN PRESS/ IMAGINE ORGANIC ROASTED GRAVY

This recipe makes one serving.

Add a professional promise to your list...

You're working on that weight, but what about dealing with your desk?

JULIA WEST
@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

ISTOCK

▶ Slow and steady wins the race: Don't expect to get it all done at once. After all, you've got an entire year!

The new year is the perfect time to take stock of your work life. Here are some simple ways you can get ahead.

Know what you want

First off, understand what it is that you want to accomplish.

"Who do you want to be in 2012?" asks Sarah Hathorn, CEO and founder of Illustra Consulting. "Get crystal clear on your career goals. Challenge yourself to renew and recreate yourself in a way that capitalizes on your talent while it unearths a new you."

Keep it professional

As technology makes it easier to take work home, remember to keep work and your personal life separate.

Ed and Ellen Schack — who are, respectively, the CEOs of EES Cosmetic Solutions and Cowabunga Ice Cream — have set a few resolutions for themselves in their home-based businesses.

"Answer the phone, fax or e-mail only during business hours," they advise. And never, of course, work in pajamas.

Get organized

Can't find the latest invoice or memo among endless emails? Or maybe it's buried somewhere under the heaps of paper on your desk? Time to think about making this the year you get organized.

Not only should your physical workspace be kept orderly, but you should also have a handle on business expenses — it can save you some real money in 2012.

"The IRS may only need receipts for expenses over $75. However, by not tracking the smaller items, you could be losing potential expenses that can be written off," explains Jane Evans, owner of a Pennsylvania branch of BookKeeping Express. "Organize receipts in categories such as utilities, supplies, contract labour and rent."

10 most stressful jobs of 2012

CareerCast.com evaluated more than 200 positions in the United States — looking at work environment, job competitiveness and risk — to compile its annual Job Stress Report. Here are the Top 10 most stressful occupations in the U.S:

1. Enlisted military soldier (Average income: $35,580)
2. Firefighter ($45,250)
3. Airline pilot ($103,210)
4. Military general ($196,300)
5. Police officer ($53,540)
6. Event coordinator ($45,260)
7. Public relations executive ($91,810)
8. Corporate executive (senior) ($165,830)
9. Photojournalist ($40,000)
10. Taxi driver ($22,440)

Just don't overdo it

Tips on how to keep the work fire burning until February and beyond

True, it's a new year, but that doesn't mean that stack of work you left for after the holidays vanished. We asked a few experts for tricks for keeping your head above water when you feel swamped and preventing work from piling up in 2012.

Be realistic

Commit only to the things that you can realistically manage. "When we overcommit, we have a tendency to let team members and clients down," says Michael Timmes, a human resources specialist at business consulting firm Insperity.

Organize the smart way

It's crucial to stay organized, but take it one productive step further and incorporate personal deadlines into your short- and long-term projects. "Planning should take place on multiple levels daily, weekly, monthly, quarterly and annually," says Timmes. "With proper planning, we can focus our time on the important, non-urgent items and minimize the time spent in a crisis mode."

Communicate

It's not easy admitting that you made a mistake or that you need help, but sometimes you need to do just that. "Being able to communicate with your managers and senior executives will improve your relationships at the workplace and overall decrease your stress level," says Peter Handal, CEO of Dale Carnegie Training.

Limit distractions

"Turn the distracting dings, vibrates, buzzes and beeps off," says Marsha Egan, author of Inbox Detox. "If possible, try checking your email and phone messages a limited amount of scheduled times per day."

JULIA WEST

ISTOCK

▶ 'Tis the season for staring at a stack of work.

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Revise courses

Former student Elle Kamensky asks educators to listen up

STUDENT VOICE

ELLE KAMENSKY
TALENTEGG.CA

In 2006, I applied to the Human Resources program at George Brown College. I thought I wanted to be a social worker or a psychologist. Criminology and law also interested me, but I got discouraged by friends and family.

I never imagined myself getting into business because it completely disinterested me. However, with HR slowly becoming more popular, I thought it would be a perfect job because of the human element, combined with business.

I did two and a half years at George Brown and then transferred to Ryerson University to complete my HR degree (another 2.25 years). My options were clear-cut: HR could be in any company, dealing with any aspect of employment! I was saved.

What every one of my professors failed to mention, though, is this thing called "reality".

It is increasingly difficult to get into entry-level HR. Large companies do not have large HR departments. This means a lot of the students who are churned out every year end up being jobless, going back to school or finding work that is not within their field.

My former classmates are going through similar HR experiences. Recruiters tell me entry-level HR roles are as hard to pin down as Big Foot. Hiring managers

Where Elle is now
I am still searching for an entry-level HR position. I got a part-time job to pay my bills, but that is about it. I learned a great deal about myself through this experience and found the inspiration to start my own site, at under-graduatelife.info.

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to fit the reality

Says attention needs to be paid to relevancy of all courses

Elle Kamensky advises students to do some serious research before choosing what program to spend their money and time on.

are demanding skills not taught in either college or university. There appears to be a large discrepancy between the real jobs out there and what our post-secondary institutions insist we are taught.

Many post-secondary institutions should conduct audits and revisions of their programs. I wasted time and money re-taking unnecessary courses instead of gaining experience, which is what matters to employers. There are many programs which make certain courses a priority, when in fact they fail to administer them properly or take into account that they are simply not necessary.

My best advice for students in post-secondary institutions is to do your research. Do not simply apply for a program you think you like and assume you will know what to do by the time you finish.

Instead, research the program you want to enter at every institution you are interested in attending, then do some real research online or at a library to find out your actual chances of getting a job. Never underestimate what you see on job boards, as that is what employers are after, so make sure you know what skills you have to acquire in your next four years.

TALENTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

What I learned

Key take-aways from Elle's experience

- Research the labour market before you apply to college or university, or for post-graduate education – if possible, align your goals with a profession that is in-demand
- Avoid taking courses you're not interested in unless they are required to complete your degree

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Quebec City, QC	January 19, 7 p.m., Hotel Plaza Quebec, Ravel Room, 3031 Laurier Blvd., Sainte-Foy

We will also be attending **university-sponsored Career Days.** For a complete list, please visit our website at **www.kativik.qc.ca**

Please **bring your resume** to the Information Session or Career Day of your choice.

If you cannot attend, we encourage you to send your resume, by **January 27, 2012,** to **Nunavik2012@kativik.qc.ca** and indicate **Competition No. ENS2012MO and the subject for which you are applying in the subject line of your e-mail.**

We thank all applicants for their interest, but only candidates considered for hiring will be contacted. No phone calls, please.

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Woo via the web

How to boost your business with the click of a mouse

With so many online marketing tools and terminology, knowing what will work best for your business at a local level can seem like an overwhelming challenge. Here are a few tips to help you along the way:

Find the right mix of tools

There is no silver bullet when it comes to advertising, specialists say, but there is a simple question that provides a good starting point for determining the right mix of tools: Are you in the "need it now" business or in the "researched purchase" business?

The impact of local search is far greater in the "need it now" categories such as plumbing, than it is in the "researched purchase" categories such as consumer electronics or luxury travel.

NEWS CANADA

Get rank in Google, Yahoo and others

The reality is that when people use search engines they generally don't look past the top 10 results. Search engine optimization (SEO) — or enhancing a business' online presence so that it's listed as a top search result on websites like Google, Yahoo or Bing — can dramatically increase online visibility.

Although having a website is advantageous for small businesses, it's not absolutely necessary for SEO. Claiming and updating your free business listing on a local Canadian search site like canpages.ca or yellowpages.ca is quick and easy to do.

Generate leads

Search engine marketing or SEM is similar to SEO in that it leverages keywords, but differs in that it incorporates a paid element. Local search providers are a good choice for small business owners because they provide personalized support for navigating SEO and SEM and offer lead-generation solutions designed specifically for local marketing.

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FOR METRO

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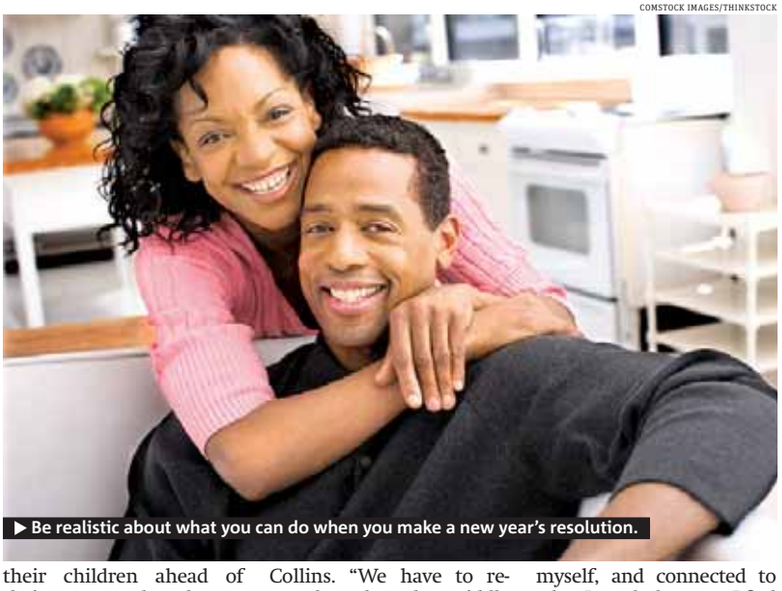

▶ Be realistic about what you can do when you make a new year's resolution.

To strike a better work/life balance this year, ask yourself what you can do to "declutter" or make improvements in each of your personal "rooms" — the emotional, physical, mental and spiritual parts of your life.

That's the advice of Cate Collins, CEO of Powerful Journey Consulting and a Pilates instructor at the YMCA in Durham, Ont. She gives the example of letting go of old resentments or slights you may be harbouring in the emotional part of your life. This, she says, might involve learning to forgive — yourself or someone else.

Here are some of Collins' other helpful tips for a more balanced life:

▶ Put yourself first. Women tend to put the needs of their significant other and their children ahead of their own needs, whereas men tend to sacrifice themselves at work in order to get ahead. "We're a three-tiered fountain," says Collins. "We have to remember that the middle and bottom tiers get filled up with waters overflowing from the top. The more I'm grounded and anchored in myself, and connected to what I need, the more I feel fulfilled, and then the more those around me benefit."

▶ Resolve to make a change for only 21 days. If you want to get more active, for example, this is more "doable" than vowing to keep it up for an entire year. And when you reach that first goal, do it again.

▶ Be realistic about what you can do. Don't resolve to start weight lifting every night before bed if that doesn't suit your lifestyle. Maybe an exercise routine in the morning, before work, is best for you.

▶ Remember that being active is as much a habit as being inactive. It's just a matter of getting into a healthier, more balanced routine. Ask yourself what you can do differently to attain that goal.

▶ Maximize who you are. Every one has special qualities and attributes that make them unique. "All too often, people get overwhelmed by their lives; they get stressed and lose their way," says Collins. "Make sure that you leave your imprint."

Initiatives

More and more companies are jumping on the work/life bandwagon. Here are some employer initiatives that may help balance your life:

- Fitness facilities, or fitness membership assistance.
- Flexible work arrangements.
- On-site seminars and workshops (on such topics as stress).
- On-site childcare.
- Seasonal childcare programs (i.e. March break activities).
- Parental leave for adoptive parents.
- Leaves of absence policies (i.e. educational leave).
- Educational or training opportunities.

Making cents of your financial well-being

YLVA VAN BUUREN
FOR METRO

ISTOCKPHOTO/THINKSTOCK

Is your new year's resolution to start managing your money better? Here are five helpful tips from Halifax-based Stephanie Holmes-Winton, owner of The Money Finder and author of $pent, and Greg Pollock, president and CEO of the Financial Advisors Association of Canada (advocis.ca).

▶ Tackle debt. Aim to get credit card balances to zero this year (or pay them off every month). If you have more than one credit card, Google "snowball calculator" to calculate how to pay them off in the best order. Explains Holmes-Winton: You will pay the minimum payment on all but one debt, putting all of your extra cash flow on one — and so on until they're all paid. Don't cancel or lower credit card limits once they are paid down, advises Holmes-Winton. Part of your credit rating is measured on how much credit availability you have.

▶ Go on a 60-day Cash Diet. Put away your debit card and give yourself a certain amount of cash to spend on extras every week. "You will start to realize what you've been spending money on," says Holmes-Winton. Determine your weekly spending limit by deducting fixed costs from income and leaving a cushion.

▶ Rethink needs and wants. Part of budgeting, says Pollock, is recognizing your spending habits. What do you buy that maybe you don't need? For example, a latte on the way to work every day can add up to $15 a week and $720 a year.

▶ Save — automatically. No matter how old you are, it's important to save for retirement and to have an emergency fund, says Pollock. He recommends, that to start, two to five per cent of after-tax family income go into savings. "Set it up so it comes off your pay automatically — and you won't miss it."

▶ Get help. Use an electronic spending management tool to help organize and understand your spending — BMO and RBC, for example, both have in-house tracking software available to customers. Alternatively, work with a financial adviser to put your financial house in order and help make important decisions such as whether you should buy a house. Pollock says an adviser charges an hourly rate or waives the fee if you invest in certain products.

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PERMANENT HAIR REMOVAL

I've been Caressed!

After much deliberation, I walked into Caress. I admit that I wasn't hopeful but remained desperate. During the consultation I thought that it sounded very positive, however, I had already been for laser treatments and those had started off in much the same way, promises of permanent hair removal only to have all the hair re-grow.
So thousands of dollars later and still very much in the need of hair removal I decided to try electrolysis. I would recommend Caress to anyone no matter how desperate they may feel.

Denise

FREE Consultation and Sample Treatment!

Put your best organizational foot forward

Hmm … are you drowning in leftover gift bags, scrambling to find room for holiday decorations and determined to declutter your children's playroom this January? If you are looking to start the new year on a better organizational foot, Jacki Brown, the Trenton, Ont.-based president of the Professional Organizers of Canada, shares her tips on getting organized in 2012.

Getting started
Make a goal and ensure you are doing it for yourself — not your spouse, for example, so you will actually want to do it. Follow that up with a plan. That might be as simple as putting together a cleaning schedule.

Use little steps
"Start with something small such as a drawer or a shelf if you're organizing your home," says Brown. Otherwise, projects seem too daunting to tackle. From there, decide whether you should keep it, toss it or throw it out? If you can't decide, ask yourself these questions: Do you use it regularly? What's the worst that would happen if I got rid of this?

Look for solutions
If making those bill payments is your 2012 struggle to overcome, find solutions to make your goal easier to achieve suggests Brown. "So, for example, look for automated billing or equalizing payment options," she says. If you are paying by cheque, write out the cheques for the year, address and stamp the envelopes so all you have to do is fill in the amount, sign and send them.

ASTRID VAN DEN BROEK

Canada

CIHR CAFÉ SCIENTIQUE PRESENTS

Science on tap
Quench your interest

Tuesday, January 17th from 6:30PM – 8:30PM
Empire Grill Restaurant
47 Clarence Street, Ottawa

Join us on: facebook

Quitting Smoking 101: Everything you need to know!

The University of Ottawa Heart Institute invites you to attend an informal information session about quitting smoking. Learn from experts about the neurobiology of nicotine addiction and effective smoking cessation treatments. Discuss the challenges of cessation and take away practical tips to help with quitting.

There is no cost to attend and all are welcome.
Light snacks will be provided and cash bar will be available.
Contact OMSC@ottawaheart.ca or 613-761-4034 by January 13th to register.

Experts:

Dr. Andrew Pipe
Chief, Division of Prevention and Rehabilitation
University of Ottawa Heart Institute

Dr. Heather Tulloch
Psychologist, Clinical, Health and Rehabilitation
University of Ottawa Heart Institute

Mr. Fabien Lefebvre
Former Client, Quit Smoking Program
University of Ottawa Heart Institute

Moderator:
Ms. Annette Goerner
News Anchor, CTV Morning Live

CIHR IRSC
Canadian Institutes of Health Research / Instituts de recherche en santé du Canada
www.cihr-irsc.gc.ca

University of Ottawa Heart Institute / Institut de cardiologie de l'Université d'Ottawa
Ottawa Model for Smoking Cessation / Modèle d'Ottawa pour l'abandon du tabac
www.ottawamodel.ca

HEMERA/THINKSTOCK

▶ Exercise newbies should stick to yoga and walking for the first month.

Start the new year on a healthy note

If you feel large, lethargic and lazy after the holidays, take heart — most of us do. And if you, too, are determined to clean up your health in 2012, here's how to get started.

Go cold turkey
"Start a diet where you don't restrict how much you're eating, but more what you're eating," suggests Dr. Natasha Turner, a Toronto-based naturopathic doctor and author of The Supercharged Hormone Diet. She suggests removing foods from your diet that can cause you to overeat and feel bloated.

Build a better diet
From there, add in healthy options including plenty of lean proteins and healthier carbohydrates such as sweet potatoes and quinoa. Also, try supplements such as vitamin D and fish oils to lower your insulin.

Add in exercise
For the first month, Turner suggests exercise newbies stick to yoga and walking for activity. After that, add in strength training exercises using your own body — think push-ups, squats and lunges — plus some cardiovascular activity. "But remember to build muscle through strength training because the more muscle you have, the more fat you burn while you're sleeping," she says.

Handy helpers
Gina Sunderland, a Winnipeg-based registered dietician, adds her best tips to make 2012 a healthy one.
▶ Eat regularly. Don't skip meals, which often leads to overeating at the next meal.
▶ Stay hydrated — Drink plenty of water. "Research shows individuals who are well-hydrated nibble less and consume less calories overall," Sunderland notes.
▶ Eat slowly. "If you eat too quickly your brain often misses the signal of how full you are," she says.

ASTRID VAN DEN BROEK

Oilers' Swede WJC standout

THE HOCKEY NEWS

RYAN KENNEDY
SPORTS@METRONEWS.CA

The world junior championship has now left Alberta, so it's time to take stock of the Oilers prospects who pulled on their national jerseys at the holiday classic.

There was no Jordan Eberle this year, but the Edmonton faithful were still well represented on several European squads. David Musil was solid on the blue-line for the Czechs (and received a congratulatory towel full of shaving cream from his mates during the final post-game interview scrum), while twin towers Martin Marincin and Martin Gernat formed a formidable duo on the Slovakian defence.

Both six-foot-five rearguards chipped in offence, important minutes and even some puck-rushing for their squad and finished the tourney on the positive side of the plus-minus ledger. Given the amount of goals scored on Slovakia, that was no easy feat.

Right winger Kristians Pelss did what he could for the overmatched Latvians, demonstrating a physical prowess no doubt honed during his time with the WHL's Oil Kings, but one Edmonton prospect stood out more than the others.

RICHARD WOLOWICZ/GETTY IMAGES FILE

▶ Sweden's Oscar Klefbom, left, battles Russia's Danil Apalkov during the world junior gold medal game in Calgary last Thursday.

Swedish defenceman Oscar Klefbom is a pretty safe choice for best Oilers pick at the WJC since his team won the gold, but it was his impact in those crucial games that make him the right selection. In that final showdown with the Russians, Klefbom and partner Jonas Brodin were tasked with slowing down scoring dynamo Evgeny Kuznetsov, who was coming off his torching of Canada.

"For his overall efforts, Klefbom was name one of Sweden's top three players by the tournament's coaches."

Though Kuznetsov got a couple of good chances in the game, Klefbom and Brodin largely reeled him in, as the 1-0 final score naturally confirms. Kuznetsov played a lot of minutes in that final, often double-shifting or staying on once his linemates had already gone back to the bench, so he was no easy target.

Against the Finns in the semifinal, Klefbom demonstrated both his puckmoving prowess and his ability to use size to his advantage when protecting the biscuit. For his overall efforts, Klefbom was named one of Sweden's top three players by the tournament's coaches.

The solid Swede is the only one of Edmonton's prospects still playing overseas, with the other four all suiting up in major junior. Klefbom won a Swedish Elite League title with Farjestad last season and is once again with the big club. He may not come over to North America for a couple seasons, but based on his WJC play, he'll be worth the wait.

Raiders fire first-year coach

The Oakland Raiders fired coach Hue Jackson on Tuesday after just one season at the helm in the first major move since Reggie McKenzie was hired as general manager.

The decision to get rid of Jackson came four days after the team announced the hiring of McKenzie as the team's first general manager since the death of longtime owner Al Davis in October.

The move marks a rapid fall for Jackson, who was in charge of personnel decisions and coaching after Davis died of heart failure on Oct. 8.

Jackson made the trade for quarterback Carson Palmer after starter Jason Campbell broke his collarbone, costing the Raiders a 2012 first-round draft pick and a conditional 2013 second-rounder.

While Palmer showed signs of giving the Raiders a big-time quarterback, he was unable to get Oakland to the playoffs for the first time since 2002, raising questions about how effective that trade was.

After starting the season 7-4, the Raiders lost four of their final five games to mark their ninth straight season without a winning record or a playoff berth. A late-game collapse at home to Detroit on Dec. 18 and a 38-26 loss to San Diego at home in the season finale did in the Raiders and ultimately Jackson.

THE ASSOCIATED PRESS

RON CARON

'Professor' dead at 82

Ron Caron, the fiery and brilliant long-time hockey executive known as the "Professor," has died. He was 82.

Caron worked as a scout and assistant general manager under longtime GM Sam Pollock and helped build the Montreal teams that won Stanley Cups in 1971, '73 and four straight titles from '76-'79.

The Gatineau, Que., native was named general manager of the St. Louis Blues in 1983 and spent over a decade in the position, acquiring stars like Brett Hull and Doug Gilmour to build a franchise struggling to survive into a competitive team.

He died Monday night in Montreal, a Blues team spokesman confirmed Tuesday morning. No cause of death was released. Caron suffered a stroke in 2003 and had been living in a nursing home. THE CANADIAN PRESS

4 sports

Quoted

"Manny Pacquiao I'm calling you out let's fight May 5th and give the world what they want to see."

FLOYD MAYWEATHER JR., WHO TOOK HIS QUEST FOR A FIGHT WITH MANNY PACQUIAO TO TWITTER ON TUESDAY. MAYWEATHER IS AVAILABLE FOR A FIGHT IN LAS VEGAS THIS MAY AFTER A JUDGE AGREED LAST WEEK TO POSTPONE HIS JAIL SENTENCE IN A DOMESTIC VIOLENCE CASE UNTIL JUNE.

Scan code for more sports news.

No more moves?

With retooled bullpen, Blue Jays GM says off-season shopping probably done

After a busy off-season, the general manager of the Toronto Blue Jays says he's probably done tinkering with the roster for now.

Speaking at a winter caravan stop in his hometown of Montreal, Alex Anthopoulos said he does not expect to make any more significant changes to the club's roster ahead of spring training.

Anthopoulos has been active in recent weeks, overhauling the team's bullpen and making a few additions to strengthen the bench.

He said the team as it stands now is likely the one fans can expect to see when camp opens next month in Dunedin, Fla.

"I think we've filled all the positions, but there are always areas to improve,"

"Acquiring Sergio Santos gives us that ninth-inning guy that we can bridge to."
MANAGER JOHN FARRELL

Anthopoulos said Tuesday. "I wouldn't anticipate any free agent signings anymore at this point ... there's some focus on the trade market but as we sit here today, I don't see us doing anything else between now and spring training."

But as always, Anthopoulos noted, "that can change with one phone call."

The team added veteran left-hander Darren Oliver to the bullpen mix on Monday. Toronto also acquired closer Sergio Santos and brought back reliever Jason Frasor in separate deals with the White Sox earlier in the off-season.

Anthopoulos has also retooled the Jays bench, notably with the additions of outfielder Ben Francisco and backup catcher Jeff Mathis.

Last season, the Jays had a deep lineup that finished in the top five in runs scored but they also had an erratic bullpen. Toronto finished fourth in the American League East with an 81-81 record.

Manager John Farrell said he likes the depth in the outfield with the only question mark being who will start in left field: Eric Thames or Travis Snider.

But having a group of relievers with defined roles in 2012 should help, he said. **THE CANADIAN PRESS**

College. Football

▶ The Alabama football team arrives at Tuscaloosa Regional Airport on Tuesday.

THE ASSOCIATED PRESS/THE BIRMINGHAM NEWS

Alabama welcomes champs home

Alabama's NCAA championship football team returned home Tuesday to a state where the Crimson Tide's BCS victory over LSU had special meaning after last year's deadly tornado outbreak. Hundreds cheered at Tuscaloosa's airport as the team arrived from New Orleans on two charter jets. Fans stood with umbrellas and red-and-white shakers in a steady rain just a few miles from neighbourhoods devastated by a tornado that killed more than 50 people in the city, including several students.

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	39	26	9	1	3	116	82	56	12-3-0-2	14-6-1-1	9-1-0-0	W4
d-Boston	38	26	11	0	1	141	73	53	14-7-0-1	12-4-0-0	8-2-0-0	L1
d-Florida	42	21	13	4	4	109	116	50	11-4-1-4	10-9-3-0	4-4-2-0	W1
Philadelphia	40	24	12	2	2	137	121	52	10-6-1-1	14-6-1-1	4-5-0-1	L1
Ottawa	43	22	15	4	2	135	143	50	14-8-0-1	8-7-4-1	7-2-1-0	W1
New Jersey	41	23	16	1	1	114	117	48	11-7-0-1	12-9-1-0	6-3-1-0	W2
Toronto	41	21	15	3	2	133	131	47	11-5-2-2	10-10-1-0	5-3-2-0	W3
Pittsburgh	40	21	15	2	2	123	106	46	11-7-2-0	10-8-0-2	4-6-0-0	L4
Winnipeg	41	20	16	3	2	109	119	45	14-6-0-1	6-10-3-1	6-3-0-1	W1
Washington	40	21	17	0	2	118	120	44	14-5-0-1	7-12-0-1	5-4-0-1	L2
Buffalo	41	18	18	3	2	107	121	41	10-9-3-2	8-9-0-0	2-6-1-1	L2
Montreal	41	16	18	2	5	109	114	39	7-7-2-4	9-11-0-1	3-7-0-0	W2
Tampa Bay	40	17	20	1	2	109	136	37	11-5-0-0	6-15-1-2	4-5-1-0	L3
Carolina	43	14	22	4	3	112	146	35	10-10-0-3	4-12-4-0	4-4-1-1	L1
NY Islanders	39	14	19	4	2	91	125	34	8-9-3-0	6-10-1-2	5-5-0-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	43	26	14	0	3	139	104	55	12-5-0-2	14-9-0-1	6-3-0-1	L1
d-Detroit	41	26	14	1	0	134	94	53	15-2-1-0	11-12-0-0	7-3-0-0	W1
d-San Jose	38	23	11	3	1	112	89	50	14-7-2-0	9-4-1-1	8-1-1-0	W4
St. Louis	41	24	12	0	5	107	89	53	17-3-0-2	7-9-0-3	6-3-0-1	W3
Chicago	42	24	13	2	3	134	123	53	14-5-1-3	10-8-1-0	4-5-1-0	L4
Los Angeles	43	21	15	3	4	93	95	49	13-10-0-2	8-5-3-2	6-1-1-2	W1
Nashville	41	22	15	3	1	111	114	48	12-7-2-1	10-8-1-0	6-4-0-0	W1
Minnesota	42	21	15	2	4	96	101	48	11-6-1-2	10-9-1-2	1-7-0-2	L3
Dallas	40	23	16	0	1	112	114	47	13-7-0-1	10-9-0-0	5-5-0-0	W2
Colorado	43	23	19	1	0	114	120	47	13-10-0-0	10-9-1-0	8-2-0-0	L1
Phoenix	42	20	17	3	2	108	109	45	8-8-2-1	12-9-1-1	4-4-2-0	W1
Calgary	43	19	19	3	2	103	124	43	11-5-1-1	8-14-2-1	5-4-1-0	W1
Edmonton	41	16	22	0	3	111	119	35	10-6-0-2	6-16-0-1	2-8-0-0	L3
Anaheim	40	12	22	2	4	99	133	30	9-12-1-0	3-10-1-4	3-6-0-1	W2
Columbus	41	11	25	1	4	99	137	27	6-11-1-2	5-14-0-2	2-7-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Winnipeg at Boston
Buffalo at Toronto
Detroit at N.Y. Islanders
Phoenix at N.Y. Rangers
Ottawa at Pittsburgh
Philadelphia at Carolina
St. Louis at Montreal
Vancouver at Tampa Bay
San Jose at Minnesota
Columbus at Chicago
Nashville at Colorado
New Jersey at Calgary
Dallas at Anaheim
Monday's results
Florida 2 Vancouver 1
Los Angeles 5 Washington 2

Tonight's games
All Times Eastern
Pittsburgh at Washington, 7:30 p.m.
New Jersey at Edmonton, 9 p.m.
Tomorrow's games
Montreal at Boston, 7 p.m.
Philadelphia at N.Y. Islanders, 7 p.m.
Ottawa at N.Y. Rangers, 7 p.m.
Carolina at Tampa Bay, 7:30 p.m.
Phoenix at Detroit, 7:30 p.m.
Vancouver at St. Louis, 8 p.m.
Colorado at Nashville, 8 p.m.
San Jose at Winnipeg, 8:30 p.m.
Minnesota at Chicago, 8:30 p.m.
Anaheim at Calgary, 9:30 p.m.
Dallas at Los Angeles, 10:30 p.m.

LATE MONDAY

PANTHERS 2, CANUCKS 1

First Period
1. Vancouver, Weise 3 (Malhotra) 3:11
Penalties — Ballard Vcr (double roughing), Repik Fla (slashing) 4:58, Versteeg Fla (tripping) 12:33.
Second Period
2. Florida, Kulikov 4 (Goc, Matthias) 5:00
3. Florida, Goc 4 (Kopecky, Versteeg) 10:52 (pp)
Penalties — Kulikov Fla (hooking) 6:21, Weise Vcr (holding) 9:15.
Third Period
No Scoring.
Penalties — Samuelsson Fla (tripping) 0:39, Burrows Vcr (interference) 19:31.
Shots

Vancouver	10	2	14	26
Florida	6	14	2	22

Goal — Vancouver: Luongo (L,17-9-3); Florida: Clemmensen (W,5-1-3). **Power plays (goals-chances)** — Vancouver: 0-3; Florida: 1-3.
Referees — Paul Devorski, Ghislain Hebert.
Linesmen — Don Henderson, Pierre Racicot.
Attendance — 16,712 (17,040).

SCORING LEADERS

	G	A	PT
H.Sedin, Vcr	11	38	49
Kessel, Tor	24	24	48
Giroux, Pha	18	30	48
Lupul, Tor	19	28	47
D.Sedin, Vcr	18	29	47
Stamkos, TB	28	17	45
Ma.Hossa, Chi	17	27	44
Malkin, Pgh	16	28	44
Eberle, Edm	17	26	43
Pominville, Buf	14	29	43
Datsyuk, Det	13	30	43
Spezza, Ott	15	27	42
Backstrom, Wash	13	29	42
Toews, Chi	22	19	41
Benn, Dal	13	28	41
Karlsson, Ott	6	35	41
Sharp, Chi	20	20	40
Vanek, Buf	19	21	40
Versteeg, Fla	17	22	39
Selanne, Ana	14	25	39
Eriksson, Dal	14	24	38
Elias, NJ	14	24	38
Hartnell, Pha	18	19	37
Seguin, Bos	16	21	37
Kopitar, LA	12	25	37
P.Kane, Chi	10	27	37
Neal, Pgh	21	15	36
Franzen, Det	16	20	36
Ra.Whitney, Phx	14	22	36
Tavares, NYI	13	23	36
Perry, Ana	18	17	35
Filpula, Det	14	21	35
Parise, NJ	14	21	35
Nugent-Hopkins, Edm	13	22	35
Gaborik, NYR	23	11	34
Fleischmann, Fla	15	19	34
Kovalchuk, NJ	15	19	34
P.Bergeron, Bos	11	23	34
Vrbata, Phx	19	14	33
Moulson, NYI	18	15	33
Ovechkin, Wash	17	16	33
Iginla, Cal	16	17	33
Marleau, SJ	15	18	33
Alfredsson, Ott	14	19	33
O.Jokinen, Cal	12	21	33
Weiss, Fla	11	22	33
M.Koivu, Minn	9	24	33
Thornton, SJ	8	25	33
Parenteau, NYI	7	26	33
Campbell, Fla	3	30	33
Marchand, Bos	16	16	32
Smyth, Edm	15	17	32
Henrique, NJ	12	20	32
Zetterberg, Det	8	24	32
E.Kane, Wpg	18	13	31
B.Richards, NYR	15	16	31
Callahan, NYR	14	17	31
Jagr, Pha	12	19	31
Ribeiro, Dal	10	21	31
St. Louis, TB	10	21	31
Wheeler, Wpg	8	23	31
Cole, Mtl	17	13	30
Lucic, Bos	14	16	30
Kesler, Vcr	11	19	30
Prospal, Clb	9	21	30
S.Weber, Nash	9	21	30
Plekanec, Mtl	8	22	30
Glencross, Cal	17	12	29
Ryder, Dal	17	12	29
Couture, SJ	16	13	29
Pavelski, SJ	16	13	29
Hall, Edm	14	15	29
Nash, Clb	14	15	29
Backes, StL	13	16	29
Briere, Pha	13	16	29
Krejci, Bos	10	19	29
O'Reilly, Col	10	19	29
E.Staal, Car	10	19	29
Wideman, Wash	8	21	29
Edler, Vcr	6	23	29
Michalek, Ott	20	8	28
Lecavalier, TB	15	13	28
Heatley, Minn	13	15	28
Oshie, StL	13	15	28
Pacioretty, Mtl	12	16	28
Phaneuf, Tor	7	21	28
Peverley, Bos	7	21	28
Burrows, Vcr	16	11	27
Kunitz, Pgh	13	14	27
Hudler, Det	12	15	27
Stepan, NYR	9	18	27
Getzlaf, Ana	7	20	27
Horton, Bos	12	14	26
C.Smith, Nash	9	17	26
Desharnais, Mtl	6	20	26
Voracek, Pha	6	20	26

Not including last night's games

NFL

PLAYOFFS

DIVISIONAL PLAYOFFS
All Times Eastern
Saturday's games
NFC
New Orleans (14-3) at San Francisco (13-3), 4:30 p.m.
AFC
Denver (9-8) at New England (13-3), 8 p.m.
Sunday's games
AFC
Houston (11-6) at Baltimore (12-4), 1 p.m.
NFC
N.Y. Giants (10-7) at Green Bay (15-1), 4:30 p.m.

FOOTBALL

NCAA BOWL GLANCE
All Times Eastern
Monday's result
BCS NATIONAL CHAMPIONSHIP
At New Orleans
Alabama 21 Louisiana State 0

AP NATIONAL CHAMPIONS
2011—Alabama (12-1)
2010—Auburn (14-0)
2009—Alabama (14-0)
2008—Florida (13-1)
2007—Louisiana State (12-2)
2006—Florida (13-1)
2005—Texas (13-0)
2004—Southern Cal (13-0)
2003—Southern Cal (12-1)
2002—Ohio State (14-0)
2001—Miami (12-0)
2000—Oklahoma (13-0)

SOCCER

ENGLAND

LEAGUE CUP
SEMIFINALS — FIRST LEG
Yesterday's result
Crystal Palace 1 Cardiff 0

ITALY

ITALIAN CUP
FIFTH ROUND
Yesterday's result
Lazio 3 Verona 2
Today's games
Udinese vs. Chievo Verona
Roma vs. Fiorentina
Tomorrow's game
Napoli vs. Cesena

SPAIN

COPA DEL REY
FIFTH ROUND — SECOND LEG
Yesterday's results
Mallorca 6 Real Sociedad 1
(Mallorca advances 6-3 on aggregate)
Racing Santander 1 Mirandes 1
(Mirandes advances 3-1 on aggregate)
Malaga 0 Real Madrid 1
(Real Madrid advances 4-2 on aggregate)

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Miami	8	1	.889	—
d-Chicago	8	2	.800	½
d-Philadelphia	6	2	.750	1½
Atlanta	7	3	.700	1½
Indiana	6	3	.667	2
Orlando	6	3	.667	2
New York	5	4	.556	3
Boston	4	4	.500	3½
Cleveland	4	4	.500	3½
Toronto	4	5	.444	4
Milwaukee	2	6	.250	5½
Detroit	2	7	.222	6
Charlotte	2	7	.222	6
New Jersey	2	8	.200	6½
Washington	0	8	.000	7½

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	8	2	.800	—
Portland	6	2	.750	1
d-San Antonio	6	3	.667	1½
d-L.A. Clippers	4	2	.667	2
Utah	5	3	.625	2
L.A. Lakers	6	4	.600	2
Denver	6	4	.600	2
Phoenix	4	4	.500	3
Dallas	4	5	.444	3½
Memphis	3	5	.375	4
Sacramento	3	6	.333	4½
Minnesota	3	6	.333	4½
New Orleans	3	6	.333	4½
Houston	2	6	.250	5
Golden State	2	6	.250	5

d-division leader

Last night's results
Houston at Charlotte
Toronto at Washington
Sacramento at Philadelphia
Dallas at Detroit
Chicago at Minnesota
Oklahoma City at Memphis
San Antonio at Milwaukee
Cleveland at Utah
L.A. Clippers at Portland
Miami at Golden State
Phoenix at L.A. Lakers
Monday's results
Toronto 97 Minnesota 87
Philadelphia 96 Indiana 86
Atlanta 106 New Jersey 101
New York 91 Charlotte 87
Chicago 92 Detroit 68
New Orleans 94 Denver 81
Tonight's games
All Times Eastern
Atlanta at Indiana, 7 p.m.
Sacramento at Toronto, 7 p.m.
Philadelphia at New York, 7:30 p.m.
Washington at Chicago, 8 p.m.
Oklahoma City at New Orleans, 8 p.m.
Dallas at Boston, 8 p.m.
Houston at San Antonio, 8:30 p.m.
New Jersey at Denver, 9 p.m.
L.A. Lakers at Utah, 9 p.m.
Orlando at Portland, 10 p.m.
Miami at L.A. Clippers, 10:30 p.m.
Tomorrow's games
Charlotte at Atlanta, 7:30 p.m.
New York at Memphis, 8 p.m.
Detroit at Milwaukee, 8 p.m.
Cleveland at Phoenix, 9 p.m.
Orlando at Golden State, 10:30 p.m.

TENNIS

ATP-WTA APIA INTERNATIONAL
At Sydney, Australia
MEN
Singles — First Round
Viktor Troicki (5), Serbia, def. Lleyton Hewitt, Australia, 4-6, 6-3, 6-2.
Radek Stepanek (8), Czech Republic, def. Xavier Malisse, Belgium, 6-7 (4), 6-4, 6-4.
Julien Benneteau, France, def. Andreas Seppi, Italy, 6-3, 6-4.
Fabio Fognini, Italy, def. Michael Russell, U.S., 2-6, 6-2, 6-0.
Alex Bogomolov, Jr., Russia, def. Robin Haase, Netherlands, 6-4, 1-6, 6-4.
Marcos Baghdatis, Cyprus, def. Dmitry Tursunov, Russia, 6-4, 6-4.
Doubles — First Round
Max Mirnyi, Belarus, and **Daniel Nestor (2), Toronto**, def. John Isner and Ryan Sweeting, U.S., 6-4, 6-2.
WOMEN
Singles — Second Round
Caroline Wozniacki (1), Denmark, def. Dominika Cibulkova, Slovakia, 7-5, 2-6, 6-4.
Petra Kvitova (2), Czech Republic, def. Alexandra Dulgheru, Romania, 7-5, 3-6, 6-4.
Victoria Azarenka (3), Belarus, def. Jelena Jankovic, Serbia, 6-4, 6-2.
Li Na (4), China, def. Chanelle Scheepers, South Africa, 2-6, 6-4, 6-1.
Agnieszka Radwanska (7), Poland, def. Andrea Petkovic, Germany, 7-5, 6-4.
Marion Bartoli (8), France, def. Jelena Dokic, Australia, 6-0, 6-3.
Lucie Safarova, Czech Republic, def. Svetlana Kuznetsova, Russia, 6-1, 2-0 (retired).
Daniela Hantuchova, Slovakia, def. Francesca Schiavone, Italy, 7-5, 6-1.

ATP HEINEKEN OPEN
At Auckland, New Zealand
Singles — First Round
Adrian Mannarino, France, def. Kevin Anderson (5), South Africa, 6-3, 6-3.
Philipp Kohlschreiber (8), Germany, def. Stephane Bohli, Switzerland, 6-4, 4-6, 6-4.
Carlos Berlocq, Argentina, def. Filippo Volandri, Italy, 6-5 (retired).
Guillermo Garcia-Lopez, Spain, def. Igor Kunitsyn, Russia, 2-6, 6-4, 6-2.
Lukas Rosol, Czech Republic, def. Albert Ramos, Spain, 6-2, 6-4.
Olivier Rochus, Belgium, def. Tobias Kamke, Germany, 7-5, 6-4.
Ryan Harrison, U.S., def. Sam Querrey, U.S., 6-4, 6-3.
Potito Starace, Italy, def. Albert Montanes, Spain, 6-3, 6-2.
Benoit Paire, France, def. Juan Carlos Ferrero, Spain, 6-3, 6-2.

WTA MOORILLA HOBART INTERNATIONAL
At Hobart, Australia
Singles — First Round
Anabel Medina Garrigues (2), Spain, def. Carla Suarez Navarro, Spain, 6-2, 7-6 (3).
Shahar Peer, Israel, def. Lucie Hradecka, Czech Republic, 6-3, 6-1.
Sacha Jones, New Zealand, def. Kristina Barrois, Germany, 6-1, 6-4.
Second Round
Yanina Wickmayer (1), Belgium, def. Casey Dellacqua, Australia, 6-1, 6-1.
Angelique Kerber (4), Germany, def. Sara Errani, Italy, 6-1, 6-2.
Simona Halep, Romania, def. Irina-Camelia Begu (8), Romania, 6-4, 6-2.
Anna Chakvetadze, Russia, def. Tsvetana Pironkova, Bulgaria, 6-3, 6-2.
Sorana Cirstea, Romania, def. Bethanie Mattek-Sands, U.S., 2-6, 6-3, 7-5.

Tebow not a one-trick pony

Broncos quarterback is more of an enigma now that he has shown he can win with his arm, too

Bury the blueprints on how to thwart Tim Tebow. He can beat you with his arm as well as his legs.

The formula up until last weekend was to stack the box and dare him to beat you with all those errant passes.

But coming off his worst game as a pro, the most maligned quarterback in football morphed into a conventional quarterback Sunday in snapping out of a three-game funk and sending the mighty Pittsburgh Steelers to an early playoff exit.

Tebow, whose record-setting redemption kept Denver's thrilling roller coaster of a season roaring right along, is more challenging than ever to defend. So, the top-seeded New England Patriots are preparing for deep passes as much as the Broncos' bothersome read-option offence.

"They're a tough team to prepare for because they do a lot of different things," Patriots coach Bill Belichick said. "There aren't really any other teams like them in the league, so there's no other team you can really draw that experience from. What they do offensively is a little bit unique." After relying all season on the league's best ground game, Tebow turned into an Aaron Rodgers lookalike by throwing for 316 yards against the league's No. 1 defence in his first playoff appearance.

It wasn't just his 80-yard bullet to Demaryius Thomas, which allowed the Broncos to beat the Steelers 29-23 on the first play of overtime. In the second quarter, Tebow completed four passes of 30 yards or better, something that hadn't been done in the NFL in half a century.

Belichick insists this isn't Tebow 2.0, however.

"I think he's done a lot of those things all year," Belichick said. "He had a great game against Pittsburgh, no doubt about it. But he's played well throughout the season, whether it be managing the team, making decisions, running the ball, throwing the ball, scrambling, any and all of the above."

At John Elway's urging, Tebow was more aggressive Sunday, heeding his boss's advice to "pull the trigger."

"Yeah, I think I did play pretty aggressive in the game," Tebow said Tuesday. "We were playing a very good team, very good defence. And you have to be willing to take some chances to make some big plays against them, because they have so many good players and so many good guys that are rushing, getting to the quarterback."

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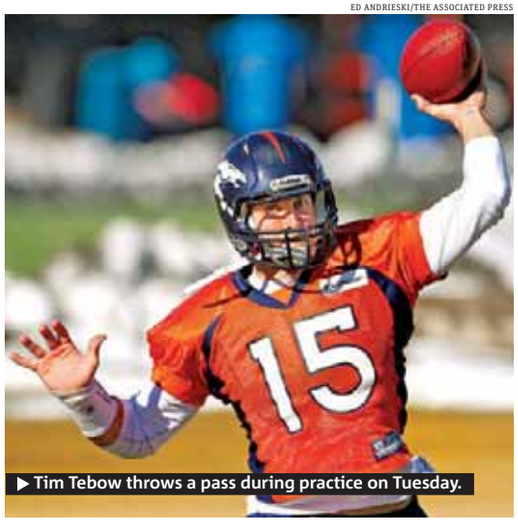

▶ Tim Tebow throws a pass during practice on Tuesday.

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Powerplant option 1

The Malibu's starting point is a new base 2.5-litre four-cylinder that produces an estimated 190 horsepower and 180 pound-feet of torque.

That's up from the previous 2.4-litre four-cylinder's 169/158 rating. The new 2.5 operates through a six-speed automatic transmission.

Powerplant option 2

The second offering is the General Motors' eAssist limited hybrid system, similar to that used in the 2012 Buick LaCrosse and Regal.

This "Eco" model consists of a 182-horsepower 2.4-litre four-cylinder gas engine working in tandem with a 15-horsepower electric motor/generator (with 110 pound-feet of torque) and six-speed automatic transmission. The motor replaces the traditional alternator, assisting the engine via a belt with power supplied by a lithium-ion battery pack located behind the rear seat.

Eco technologies

The battery contributes about 30 kilograms to the Malibu's weight, but the Eco's aluminum hood and rear bumper beam (and other measures) slice a reported 60 kilograms from the car's total.

Other Eco technologies include stop/start that shuts off the engine when the vehicle is at rest, then fires it up when the brake pedal is released.

As well, a system recovers braking energy and converts it into electrical energy to help recharge the batteries.

▶ Even though it will be sold in countries with narrow streets, the new Malibu is about eight centimetres wider than the previous model.

Chevy Malibu poised to make some waves

MALCOLM GUNN
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WHEELBASE MEDIA

From the Atlantic to the Pacific Ocean and beyond, the next-generation Malibu aims to make waves on a truly global scale and shore up the Chevrolet brand in every continent short of Antarctica.

Arriving in early 2012, the new Malibu is a direction-changing model in nearly every sense, from its appearance to its powerplant choices that emphasize fuel efficiency.

But what does that mean to you?

It sheds about 11.5 centimetres between the front and rear wheels, but is slightly taller and nearly eight centimetres wider.

Along with a broader stance, the result is added interior volume, especially front and rear shoulder and hip room.

In addition, the amount of available trunk space has also been increased.

The previous Malibu was no slouch, yet the new car takes that up a notch in terms of style and fuel economy.

It doesn't qualify as spectacular, or jaw dropping, but that seems to be the norm in the mid-size-sedan class.

But with the competition so stiff, offering up something exciting and jaw dropping might not be far off so as to create a car you not only like, but one you fall in love with.

The new Malibu is certainly a step closer.

▶ The Malibu Eco's battery pack is located to the right, blocked off where a passthrough would normally be.

▶ The interior has what Chevrolet calls a dual cockpit layout with the driver and passenger separated by a sweeping centre console and wrap-around dash and door panels.

2013 Malibu

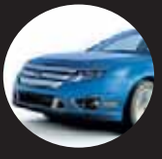
What you should know about the 2013 Chevrolet Malibu:

- **Type:** Four-door, front-wheel-drive mid-size sedan.
- **Engines (hp):** 2.4-litre DOHC I4 (190, est.); 2.4-litre DOHC I4 (182)/electric motor (15).
- **Transmission:** Six-speed automatic.
- **Market position:** Nearly every automaker produces one or more mid-size sedans, which makes the field crowded and very competitive. The Malibu has picked up its socks over the past few years and has become a top-rung player.
- **Mileage:** L/100 km (city/hwy) 8.3/5.4 (2.4 Eco, est.).

5 drive

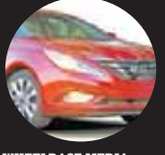
By comparison

Ford Fusion
Base price: $21,600
Roomy sedan looks stylish, Hybrid delivers exceptional fuel economy.



Toyota Camry
Base price: $25,300
All-new-2012 model tops the charts. Hybrid model keeps getting better.

Hyundai Sonata
Base price: $24,300
One of the most stylish cars around. Hybrid version stretches fuel dollars.



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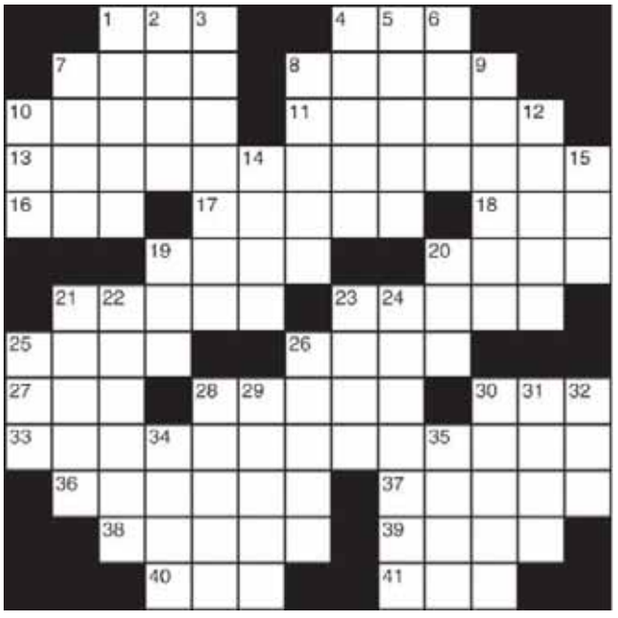
Crossword



Across

1 After-hours bank (Abbr.)
4 Bribe
7 Roundish hairstyle
8 Eye-related
10 Extraterrestrial
11 Lowest point
13 Does hard labor
16 Shelter
17 One with a burden
18 Wildebeest
19 Pod dwellers
20 Appear
21 Get more ammo
23 Tooth buyer?
25 Vegan's no-no
26 Wall Street wheeler-dealers, for short
27 Ahs' mates
28 Prickly plant
30 Carnival city
33 Pecks
36 Do as you're told
37 August forecast
38 Out of bed
39 Belligerent god
40 Encountered
41 Wife's address

Down

1 Blazing
2 "Star —"
3 Nessie, e.g.
4 Wheel radius
5 Playful water critter
6 Pocket bread
7 Lotion additive
8 Last write-ups
9 Eccentric old gent
10 Piercing tool
12 1-Across offering
14 Clay-rich soil
15 Wrigley product
19 Butter square
20 Family member, briefly
21 Place to recover
22 Spring holiday
23 Gratis
24 "—, Martin and John"
25 Larry's pal
26 "American Idol" alumnus Clay
28 World-weary
29 Construction connector
30 Singer LeAnn
31 Eye part
32 Peculiar
34 Doorstop, often
35 "Perry Mason" star

▶ Tuesday's answer

Sudoku

1							5	3
9	4		7		8			2
6				2				
	9				4			
3		4				8		1
			5				2	
				5				6
4			2		7		8	9
5	7							4

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Tuesday's answer ▶

2	1	5	3	7	9	8	6	4
4	6	9	8	2	5	3	1	7
3	7	8	4	6	1	5	2	9
1	3	2	5	4	8	9	7	6
7	5	4	6	9	3	2	8	1
8	9	6	2	1	7	4	5	3
9	8	3	1	5	6	7	4	2
5	4	1	7	3	2	6	9	8
6	2	7	9	8	4	1	3	5

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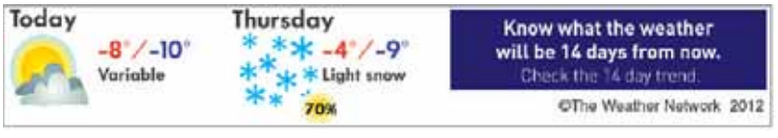
Heartbreaker
He told me he would never forget me. That first glance, his face is frozen in time. He told me he loved me. Whispered into my neck, crying for us & them, though he did not cry often. Now I'm a stranger to him. Someone he used to know. I know it can't be any other way. Still my heart aches for him. Still, I would forgive him for erasing me from his memory if only to hear his voice once more.
FROM HEARTBROKEN

Telergy
We might having a same time to kiss each other it's no necessarian to say anything break both hearts those were beared a kiloton ever...do not love it's hurt.
FROM JIM



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
What seems of no importance to you may be of earth-shattering significance to someone else, so don't dismiss their worries out of hand.

♉ Taurus April 21-May 21
You should be out in the world making things happen.

♊ Gemini May 22-June 21
Whatever happens today, be it good or be it bad, don't let your emotions get the better of you.

♋ Cancer June 22-July 22
You have no choice but to accept that partners and colleagues have the upper hand.

♌ Leo July 23-Aug.23
Yes, you can get angry and bawl someone out — they certainly deserve it — but will it make any difference in the long-term?

♍ Virgo Aug. 24- Sept. 22
Some topics are best avoided today.

♎ Libra Sept. 23-Oct. 23
You may be thinking of changing something in your life, but is it really necessary?

♏ Scorpio Oct. 24-Nov. 22
If you are in any way artistic now is the time to create something special.

♐ Sagittarius Nov. 23-Dec. 21 The decisions you make today must be logical and practical — otherwise they could come back to haunt you on the 20th.

♑ Capricorn Dec. 22-Jan. 20
A problem that has been causing you sleepless nights must be dealt with immediately.

♒ Aquarius Jan. 21-Feb. 18
Cosmic activity in the most sensitive area of your chart could make this a confusing sort of day, but don't let it worry you because nothing bad will come of it.

♓ Pisces Feb. 19-March 20.
There is no need to worry if you have not seen eye-to-eye with a loved one in recent weeks. What happens today will give you the chance to explain yourself

SALLY BROMPTON

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AND

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Limited model shown

2012 SANTA FE

Powerful & efficient – the true definition of a cross-over

OWN IT **$143**[†] BI-WEEKLY PAYMENT | WITH **0%** FINANCING FOR **84** MONTHS | AND **$0** DOWN PAYMENT

SELLING PRICE $25,895• SANTA FE GL 2.4 6-SPEED. DELIVERY, DESTINATION & FEES INCLUDED PLUS HST.

HIGHWAY **7.7**L/100 KM **37** MPG▾

THE BEST-SELLING PASSENGER CAR BRAND IN CANADA.[‖]

Limited model shown

AJAC's Best new small car over $21K

OWN IT **$121**[†] BI-WEEKLY PAYMENT | WITH **2.65%** FINANCING FOR **72** MONTHS | AND **$0** DOWN PAYMENT

SELLING PRICE $17,380• ELANTRA L 6-SPEED. DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

HIGHWAY **4.9**L/100 KM **58** MPG▾

2012 ELANTRA SEDAN

2011 AutoPacific best compact car[‡]

OWN IT **$141**[†] BI-WEEKLY PAYMENT | WITH **1.29%** FINANCING FOR **84** MONTHS | AND **$0** DOWN PAYMENT

SELLING PRICE $24,400• SONATA GL 6-SPEED. DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

HIGHWAY **5.7**L/100 KM **50** MPG▾

2012 SONATA

★★★★★ AWARDED THE HIGHEST GOVERNMENT CRASH SAFETY RATING* U.S. NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION

5-Star safety rating▲

Limited model shown

Limited model shown

OWN IT **$126**[†] BI-WEEKLY PAYMENT | WITH **1.29%** FINANCING FOR **84** MONTHS | AND **$0** DOWN PAYMENT

SELLING PRICE $21,895• TUCSON L 5-SPEED. DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

HIGHWAY **7.4**L/100 KM **38** MPG▾

2012 TUCSON

Stylish cross-over utility vehicle

5 YEAR WARRANTY
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"The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2012 Santa Fe GL 2.4 6-Speed/2012 Elantra L 6-Speed/2012 Sonata GL 6-Speed/2012 Tucson L 5-speed with an annual finance rate of 0%/2.65%/1.29%, for 84/72/84/84 months. Bi-weekly payment is $143/$121/$141/$126. No down payment is required. Cost of Borrowing is $0/$1,427/$1,124/$1,009. Finance offers include Delivery and Destination of $1,760/$1,495/$1,665/$1,760, fees, levies, charges and all applicable taxes (excluding HST). Registration, insurance, PPSA and license fees are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2012 Elantra L 6-speed for $17,380 at 2.65% per annum equals $121 bi-weekly for 72 months for a total obligation of $18,807. Cash price is $17,380. Cost of Borrowing is $1,427. Example price includes Delivery and Destination of $1,495, fees, levies, charges and all applicable taxes (excluding HST). Registration, insurance, PPSA and license fees are excluded. 0% payments for up to 90 days (payment deferral) is available on all new in-stock 2011 or 2012 Hyundai models except Equus and Veloster and only applies to purchase finance offers on approved credit. If payment deferral is selected the original term of the contract will be extended by 2 months/56 days for monthly/bi-weekly finance contracts. Hyundai Auto Canada Corp. will pay the interest of the deferral for the first 2 months/56 days of the monthly/bi-weekly finance contract. After this period interest will start to accrue and the purchaser will pay the principal and interest monthly/bi-weekly over the remaining term of the contract. †††Prices for models shown: 2012 Santa Fe Limited 3.5 AWD/2012 Elantra Limited/2012 Sonata Limited/2012 Tucson Limited AWD is $37,695/$24,330/$31,600/$24,245. Delivery and Destination charges of $1,760/$1,495/$1,665/$1,760, fees, levies, charges and all applicable taxes (excluding HST) are included. Registration, insurance, PPSA and license fees are excluded. ‡AutoPacific Vehicle Satisfaction Award for Best Compact Car awarded to the 2011 Elantra Sedan. ΦFuel consumption for 2012 Santa Fe GL 2.4L 6-Speed Manual FWD (HWY 7.7L/100KM. City 11.0L/100KM)/2012 Elantra L 6-Speed (HWY 4.9L/100KM. City 8.8L/100KM)/2012 Sonata GL 6-Speed (HWY 5.7L/100KM. City 8.7L/100KM)/2012 Tucson L (HWY 7.4L/100KM. City 10.1L/100KM) are based on Manufacturer's testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ‖80 Offers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ‖Based on the November 2011 AUAMC report. ▲Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.